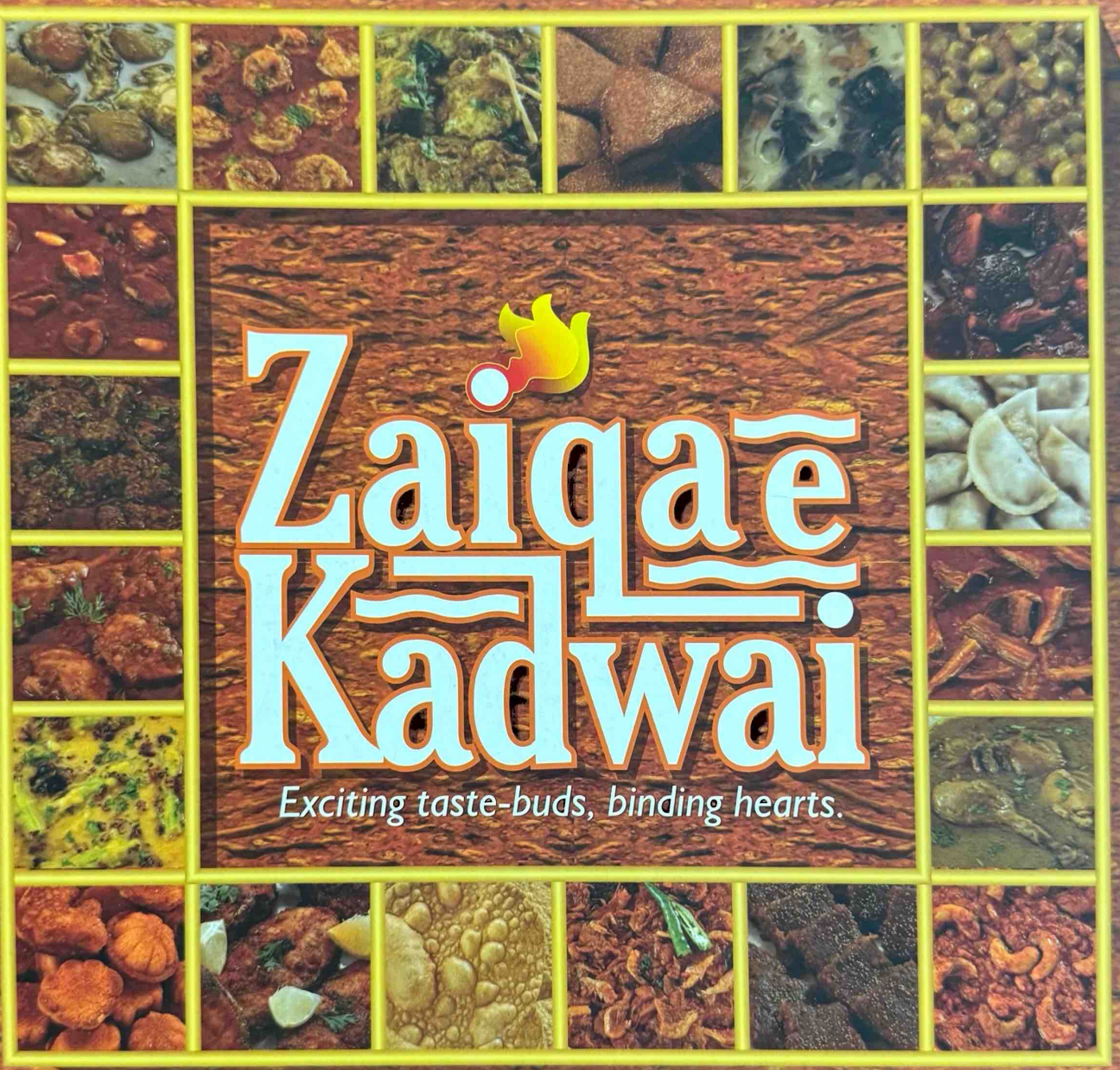


Zaiqa-e-Kadwai

Exciting taste-buds, binding hearts.

I ♥ KADWAI
Kadwai meri jaan

May "Zaiqa-e-Kadwai" excite taste-buds around the world. In Sha Allah.

M. Shafiq Modak
402, Red Gates, St. Alexious Road.
Near Kotak Mahindra Bank, Bandra (W),
Mumbai 400050 Tel.: (91-22) 26402310
Mobile: +91 9323562323
• +91 9619455575

I ♥ KADWAI
Kadwai meri jaan

I KADWAI
Kadwai meri jaan

THE CONTENTS

Preface ... 007-010

Welcome to the taste of Kadwai ... 013

Kadwai Culinary Delights
The Journey Begins!

Subhecha Nashta ... 015
- Alote ... 016-017
- Aitey pole ... 018-019
- Sukri ... 020-021
- Tallele Foyo ... 022-023
- Talleli Shev ... 024-025
- Kandyacho Polo ... 026-027

Duparcha/ Raaticha Jewan ... 028-029

- *Bakro zhailo shaheed* (Mutton Recipes)

Goriso ... 030-031
Kheemo ... 032-033
Bhejo ... 034-035
Kaaliz ... 036-037
Maasachi Biryani ... 038-041

- *Kukduku* (Chicken Recipes)

Ukra ... 042-043
Komryacho Laal Masalo ... 044-045
Komryachi Biryani ... 046-049

- *Komricha Kanwat* (Egg Recipes)

Tikanji ... 050-051
Kanvatacha Kalavnka ... 052-053

- *Mhawra* (Fish Recipes)

Mhavryachi Tikat Otal ... 054-055
Haldavni ... 056-057
Tallela Mhavra ... 058-059
Chinglachi Otal ... 060-061
Wainga Kolim ... 062-063
Talleli Kaar ... 064-065
Kaaricha Kalavnka ... 066-067
Atlavni ... 068-069
Suke Bombil ... 070-071
Kharya Mhavryachi Otal ... 072-073
Kurlyacha Kalanvka ... 074-075
Mhavryacha Mokal ... 076-077
Kandyat Bhujlelo Suko Kolim ... 078-079
Karaita Khari Boti ... 080-081
Mhavryachi Biryani ... 082-085

- *Bhaji Tarkari* (Veg Recipes)

Chanyachi Aamti ... 086-087
Kalya Watanyachi Usal ... 088-089
Chawlichi Aamti ... 090-091
Varnyachi (Pavta) Aamti ... 092-093
Chawlichi Bhaji ... 094-095
Teryachi Bhaji ... 096-097
Wapi Bhaji ... 098-099
Shenglachi Bhaji ... 100-101
Katli ... 102-103
Dambyachi Daal (Ukri) ... 104-105
Dambyachi Daal (Tikat) ... 106-107
Dambyachi Bhaji ... 108-109
Shirailyachi Bhaji ... 110-111
Bhoplyachi Bhaji ... 112-113

- *Tandlachi Shaan* (Rice varities)

Kichri ... 114-115
Chhakkar Pulav ... 116-117
Naya Tandlachi Kheer ... 118-119

- *Mausami* (Seasonal Recipes)

Tawshyache Ghaarey ... 120-121
Tayicha ... 122-123
Patawle ... 124-125
Chicko ... 126-127
Bhoplyacho Khawrus ... 128-129
Fansachi Bhaji ... 130-131
Ukar Garey ... 132-133
Kaju Bhaji ... 134-135
Kajucha Kalavnka ... 136-137

Gaanw Jewan ... 138-139
Masalo ... 140-141
Salna ... 142-143
Watane (Usal) ... 144-145
Rice (Pulav) ... 146-147
Ukra ... 148-149

Kai Tari Khavnka ... 150-151

- *Long Lasting Snacks*

Lal Mitli ... 152-153
Ravyache Laadoo ... 154-155
Sakhreche Shengo ... 156-157
Gorache Shengo ... 158-159
Besanche Laadoo ... 160-161
Purr ... 162-163
Ravyachi Mitli ... 164-165
Khazura ... 166-167
Pandri Mitli ... 168-169
Kalya Tilachi Papdi ... 170-171
Roat ... 172-173
Sanchyacho Cake ... 174-175

Aajuch Kha ... 176-177
Short life foods

Sakrawle ... 178-179
Gorawle ... 180-181
Puranpole ... 182-183
Saandani ... 184-185
Goad ... 186-187
Ghaare ... 188-189
Ghawne ... 190-191
Ukarlele Shengo ... 192-193
Dooderie ... 194-195
Mutkya Methichi Pez ... 196-197
Baitho Ghawno ... 198-199
Ravyache Ghaarey ... 200-201
Sutavlyachi Shev ... 202-203

Tikat Tikat ... 204-205
Wantleli Lal Chutney ... 206-207
Suki Lal Chutney ... 206-207
Kotbirichi Hirvin Chutney ... 206-207
The Branded Konkani Roti ... 208-209
Tilkut ... 210-211
Lal Masalo ... 210-211
Garam Masalo ... 210-211
Badishep ... 212-213
Wantlela Khobra ... 212-213
Wantlela Khobra ani Kando ... 212-213
Karzache Papar ... 214-219

Lonchi ... 220-221
Aambyacha Loncha ... 222-223
Nibwacha Loncha ... 222-223
Ukramache Aambe ... 224-225
Miryacha Loncha ... 224-225
Kardacha Loncha ... 226-227
Ambyacho Khaar ... 226-227

Pyunka Nuko! ... 228-229
Drinks

Rawavlela Taak ... 230-231
Phorachi Curry ... 232-233
Taakachi Kari ... 234-235
Acknowledgements ... 236-241

PREFACE

"I need to visit your village soon and meet your Mom and collect all the recipes of some of the authentic Kadwai dishes that she prepares"!

This was a close friend, Sunil from Nagpur. Sunil has been a foodie all his life, a sea-farer like most of our fellow-Kadwaiites, and a passionate speaker who will ramble on any topic under the sun as long as the sun ripens the alphonso mangoes well enough!

We all have friends who are non-Kadwaiites, like Sunil - friends who have shared food on our dining tables. The book that you are holding in your hands is for all those friends who have craved to be at our dining table again and again to lick their fingers, and have wondered if they could arrange such food to be made in their kitchens.

"Bawa Mazo…ekto kaso rheshil tu Mumbait? Khashil kaay? Aaychyas haatachi kaar khay milel?"

Most of us are a band of travelers or migrants. Some of us have travelled from our lovely Kadwai to Mumbai, or fared the seven seas, or settled down in distant Indonesia since the late 18th century or now in virtually every continent of this world. And as we departed our beloved land, and our beloved parents, we must have all heard the above words from our mothers. Roughly translated as *"My dear one, how will you stay alone in Mumbai? What will you eat? Who will serve you Fried Shrimps the way, I, your mother would?"*

This book is for all those mothers to gift to their sons or daughters. This book is for

all the sons and daughters to ensure that they can take away the secrets from their mothers' kitchens to wherever in this world they go and settle down.

Some of us have now travelled the world and enjoyed the finest cuisines this world has to offer. And yet, after even having tasted the finest French Caviar, it is the 'Mashyachi Kanvta'....fried in local, authentic spices that we come home to. This book is for all those who believe that soul food is - Tikanji, Kaaricha Kalaunka and Olya Kajuchi Bhaaji.

Maharashtra, as a state is broadly divided into 6 or 7 cuisine zones - Konkani or Malwani, Agri, CKP, Kolhapuri, Puneri, Mumbai's street food and Vidarbha or Saoji food.

Yet, as is with Konkan's lingual variety where the dialect changes every 50 kms from Panvel to Savantvadi, the cuisine also undergoes subtle changes - from the Agri cuisine of north Raigad district or Panvel to the Malvani cuisine deep south at Savantvadi. However, a more micro-level view of the cuisines of Konkan reveal the hidden gems that this variation brings forth. What you will see through these 102 recipes are some such hidden gems - that are neither Agri nor are they Malvani...but somewhere in between and more. Some of those recipes are completely unique to Kadwai – not to be found in any village or town of Konkan.

How they came about to be the way they are would need another book and

another interesting research project, but suffice it to say that the local availability of spices like Tilkut *(black sesame)* or coconuts - fresh and dry, chilies and the staple produce of rice comes in handy for most of these dishes to be prepared. And of course, there was innovation at play here, when our mothers, grand-mothers and great grand-mothers made do with what their husbands brought home, sometimes from distant lands.

And sometimes the lands from where the produce was brought home were right next door. Verdant paddy fields fecund with rice grains, and almost throughout the year, fresh water fish from the water bodies flowing all through Kadwai enriched many a supper plate. You will find many recipes here that would be best had - in Kadwai - at their freshest.

What makes this collection of recipes even more interesting is the fact that unlike most of the commonly known Maharashtrian cuisines which can now be found even in some of the best fine-dining restaurants across the state, the dishes here are not commonly known and not commonly available except for Kadwaikar's homes.

This book is therefore an attempt to bring to light these unknown recipes, an attempt to spark interest in a cuisine that deserves much appreciation which it has been deprived of yet.

Who knows? Someday, we would all see a fine-dining restaurant in some of the poshest commercial avenues serving these dishes and its signboard would gleam "KADWAI"!

You will find in these pages - recipes that are as austere as a peasant would take in his meal box as he goes out to work on his farms, and as regal as a king would want on

his table as a part of a feast. You will find snacks that you can prepare in a jiffy, and meals that take days to plan and make. You will find here desserts that are healthy too and breads that will satiate your soul.

And what you would certainly find in these pages is an answer to every Kadwaiite mother or woman of the house whose one of the most frequent questions every morning at the breakfast table to her husband or her son is: *"Aaz kaay khaal?" Or "What will you prefer to have for lunch today?"*

It has been a painstaking effort for our sisters in Kadwai to compile these recipes in this form. And some of the finest creative minds from our community have come together to put across this book.

For a generation growing up on non-local cuisines, this is a heirloom, which if not had been documented as well as it is in this book, faced a risk of losing out to time. Some of these recipes here have passed on from one generation to another and are still very much prepared in most of Kadwaiite homes. Some of these recipes have been forgotten by some and have now been revived for eternity.

We all owe a gratitude to our sisters who have contributed their recipes to this book and brothers who have brought it all together in one wonderful compilation.

This is one of the first steps in reviving our glorious Kadwai - its culture and its people. We were all excited to gather it all together. Hope all of you, fellow Kadwaiites and non-Kadwaiites share in the excitement and appreciate the effort.

Enjoy! ■■■■■

I KADWAI
Kadwai meri jaan

Welcome to the taste of Kadwai.

India is well known for its different cultures and cuisines. Every Indian state has enormous styles and varieties of cuisines. Our own Kadwai, itself has its own cuisine, associated with its culture, and has been followed since ages. Our Eid festivities seems incomplete without the sweetness of *'Sandaane'*. Similarly, our everyday lunch is incomplete without a glimpse of fish, be it fried or roasted. You invite Kadwaikars for lunch and prepare some international cuisine spread, they will be happy, yes, but you invite them and serve them simple Dal, Rice, Fish Fry, or a Fish gravy and they will be the happiest.

You ask an NRI – may be a Kadwaikar staying in Indonesia, USA, UK, or any part of the world, what food do they miss? And believe me, they will name some Konkani dishes. The taste and simplicity of the Kadwai cuisine is something every Kadwaikar cherishes.

The culture has been following since years – despite being modern and in pursuit of changing times, the women of Kadwai have been learning typical Kadwai recipes from the elderly in their families.

Names of a few Kadwai food recipes may sound a bit funny, to first listeners, but they will always love the taste. I remember my friends visiting my home once and my mom had made *'Purr'*, a Konkani snack. When I told my friends this snack is called *'Purr'*, they started laughing but when they tasted it, they simply had to ask my mom for the recipe. Adding to their thrill to know, were the several health benefits that *'Purr'* had to offer.

We asked our Kadwaikarinis *(the women of Kadwai)* about the food specialities, and the response was a mix of emotions.

KADWAI CULINARY DELIGHTS

The Journey begins!

Subhecha Nashta

(Breakfast Recipes)

A lot of people prefer crispy toast or khari along with a good morning cup of tea. A typical Konkani Kadwaikar, on the other hand, will cherish something healthy.

A very simple morning snack named '*Aaito Pole*' is a famous breakfast snack for a Kadwaikar. Other varieties of similar snack items are favourites of many.

So, let us explore these Kadwai Breakfast recipes and start our day with a taste-buds excited, lips smacking, tummy-full smile! Rest assured the taste will linger all day long and your smile will keep going, going and going!

Alote

This vegetarian snack is made of leaves of tera (Colocasia leaves). A combination of tera and besan (gram flour), along with some simple spices shallow fried on low heat. You would definitely like to try out this snack during your tea time. It does require some efforts and expertise to roll the Alote and cut into pieces. Here you go with the mouth-watering recipe!

The Ingredients :

- 15 Tera (*Colocasia*) leaves.
- 5- 6 large chopped onions.
- 1 tbsp haldi *(Turmeric)* powder.
- 3-4 tbsp Dhaniya *(Coriander)* & Jeera *(Cumin)* powder.
- 3-4 tbsp crushed dried red chilly.
- 3 tbsp garlic paste.
- 1 tbsp ginger paste.
- 1 tbsp green chilly paste.
- 3 tbsp dry roasted coconut (*Refer Masalo section for the dry roasted coconut recipe*)
- Besan (*Gram flour*) for holding the mixture.
- Add salt as per taste.

The Method :

1) Clean and wash the Tera leaves.

2) In a bowl mix all the ingredients together. Do not make it very dry or watery.

3) Apply the masala on the back side of a big leaf, then on the small leaf, and fold from sides and top and start rolling down till the end.

4) Now steam the rolls till they change their colour and turn dry.

5) Remove and let it cool.

6) Cut the Alotes in thin slices and shallow fry them.

Garam garam kha pan tissue paper ghenwka isru nuko!

Aite Poley

Are you no more interested in sipping your tea with the usual toast and khari! No worries, try the special morning snack of Kadwai named 'Aitey Poley'– a very simple and unique dish which will take you back down the memory lanes of old Kadwai.

The Ingredients :

- 3 tbsp rice flour.
- 2 cups water.
- Pinch of salt.
- Oil for greasing the pan.

The Method :

1) Mix rice flour and water and add salt. *NOTE : You can also add red chutney or green chutney in this mixture.*

2) Add more or less water for getting pouring consistency so when you pour in the pan it should spread easily.

3) Heat a non-stick tawa or iron pan (*kail*).

4) Grease with oil and pour thin layer of batter all over.

5) Cover for 2 minutes, remove the lid and cook for another 2-3 minutes.

6) Serve with sugar, green chutney, red chutney or gor *(jaggery)*.

You will need some expertise to get the consistency and a good tawa or *kail* that will make perfect Aite Pole. Till then, just try try try!

Ekda khan baga; masala dosa pan kai nai amcha aitya polya samor!

Sukri

No more Toast and Khari with the morning tea!
Take out some foyo (Pohe). Add some simple ingredients and enjoy it with your morning tea or coffee.
That's your day beginning with a sweet breakfast!

The Ingredients :

- Approx. 1 kg Foyo (*Flattened Rice*).
- 2 cups sugar.
- 2 tsp elaichi (*Cardamom*) powder.
- 1 coconut khawan (*Freshly grated coconut*).
- ½ cup coconut water *(Narlacha paani).*

The Method :

1) Wash your hands clean.

2) Wash Foyo nicely and keep aside.

3) To the Foyo, add coconut khawan, sugar, ilaichi powder, coconut water and mix well with your hands.

Instant recipe and very very popular when there is a function at home.

Bin sangoon kaun aila ki lagech banawa, time wachel bagha!

Tallele Foyo

Enjoy another morning or evening tea with a different version of our Kadwai Foyo (Pohe). Add some gaunti toop (desi ghee) and enjoy them steaming hot.

The Ingredients :

- 100 gms Foyo (*Flattened Rice*).
- 2 tbsp sugar.
- 1 tsp elaichi (*Cardamom*) powder.
- 1 pinch salt.
- Ghee for cooking.

The Method :

1) Wash foyo and remove water in a strainer.

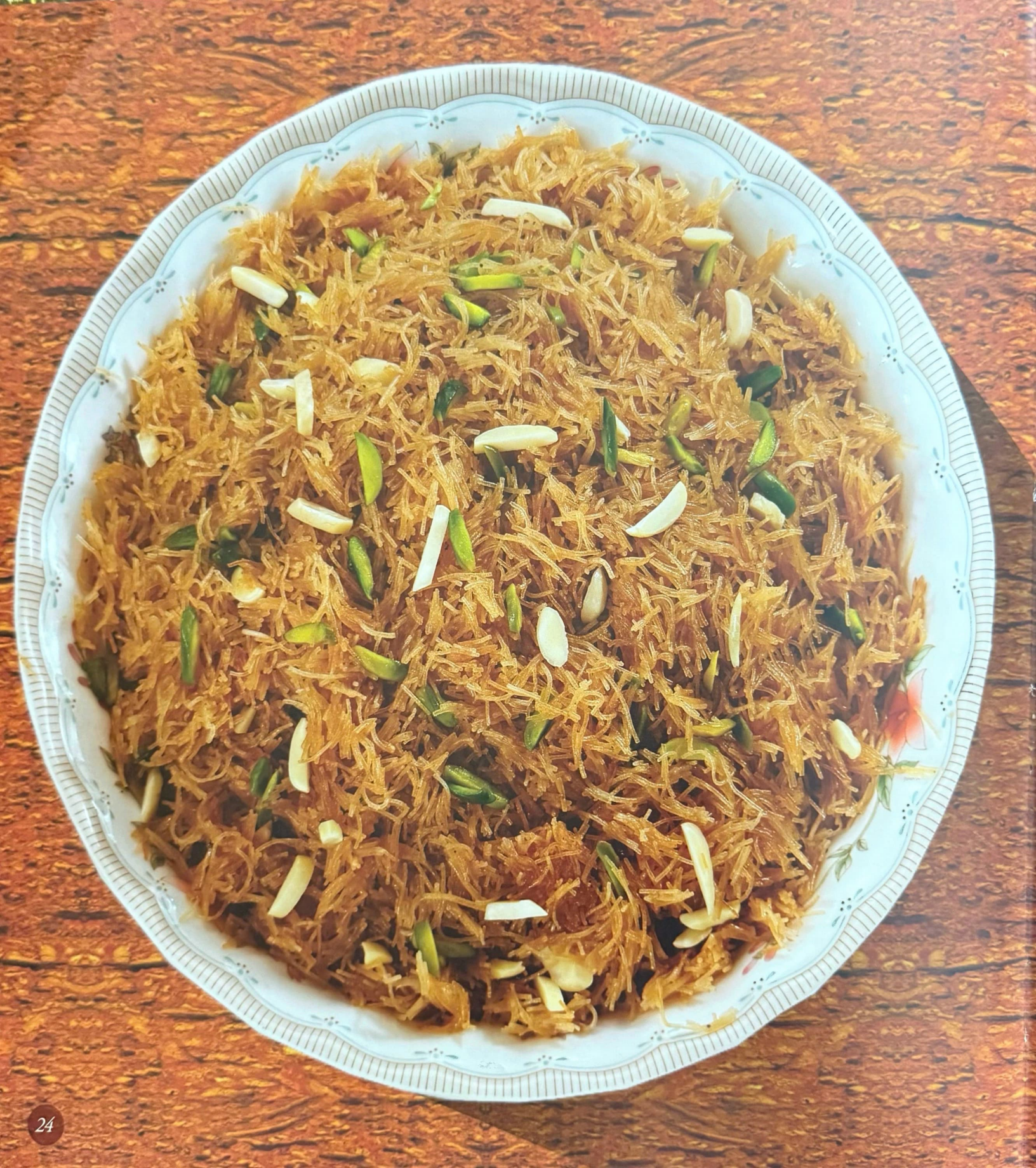
2) Add sugar, salt and elaichi powder to the foyo.

3) In a vessel, heat ghee (*Desi ghee preferred*) and fry the foyo.

4) Cover and cook on low flame for 5 to 7 minutes.

5) Serve hot with tea.

Roz cha sobat tech toast butter biscuit khawncha, kai tari different try kara!



Talleli Shev

For the people who are not used to having the same bakery snacks such as toast or khari with tea. This Kadwai snack will surely make your tea more interesting to sip with.

The Ingredients :

- 1 cup brown haati chhap Shev.
- ¾ cup sugar *(Little less)*.
- 2 cup water *(Boiled)*.
- 2 tbsp ghee.
- 1 tsp elaichi (*Cardamom*) powder.
- ¾ tsp salt.
- Some kismis (*Seedless, dry grapes*).

The Method :

1) Roast Shev on low flame till brown and remove in a bowl.

2) Heat ghee in a vessel.

3) Add roasted shev.

4) Roast a little.

5) Add sugar, salt, elaichi powder.

6) Add boiled water.

7) Keep the flame high till one boil, then reduce the flame when water reduces.

8) Add kismis and cover with a lid.

9) Stir and keep the lid again.

Talleli Shev is now ready to be served. Enjoy it to your heart's content!

Watel tewre dry fruit taku nuko, aplya bowl mada taka last la mop she.

Kandyacho Polo

A common morning breakfast of Kadwaikars: Habbel (Half fry), Ukro polo (Full fry) or Kandyacho Polo (onion omelette). This is another famous dish when our Kadwaikarinis do not have anything to make instantly or are bored to prepare complex food – Zawan kai jewan suchat nai! For decades Kandyacho Polo has always been a favourite accompaniment with khichdi. Many Kadwai families still follow the tradition.

The Ingredients :

- 1 egg.
- 1 small onion sliced or chopped.
- 1 green chilli chopped.
- 1 tsp rice flour *(Tandla cha peeth)* to make it crispy.
- Some coriander.
- Salt as per taste.
- Oil or ghee.

The Method :

1) In a bowl break egg and add all ingredients.

2) Mix well or use a beater.

3) In a non-stick pan, heat some oil or ghee and put the mixture and spread evenly over the pan circumference.

4) Cook on low flame and then turn the side.

5) How crisp you want it is up to you.

Mop mansa zar asli te eka kanwtat bhaganw nuko, azun ek kanwat ghya!

Duparcha/Raaticha Jewan

(Meal Recipes)

Kadwaikars have some common meal recipes which they relish by itself or along with a combination of side dishes. Dal rice is usually incomplete without Fish. Mutton/Chicken dishes are incomplete without raita and papad. Let's explore what Kadwai has in store for the Duparcha jewan *(Lunch)* and Raticha jewan *(Dinner)*.

Bakro zhailo shaheed (*Mutton Recipes*)

Goriso

Now a days, Kadwalkarinis prepare a lot of mutton dishes and have adapted to a lot of modern day recipes. However, there are a few dishes Kadwalkarinis have been making since ages. Not to forget, our Kadwaikarinis never forget to ask the mutton shopkeeper, *"Kaliz (Liver) taaka han, ani tilli (Spleen) pan dya asli tey!"* Let's see how our expert Kadwaikarinis prepare some special mutton dishes.

Tondala pani sutla na! Goriso is usually made with beef/mutton, and relished with Tandla (Rice flour)chi roti. The dark red colour of the chilli and a layer of oil on the top of it - yummy, isn't it! Our Kadwaikar men often kitty party by making this dish in large quantity. Imagine how many rotis they must be eating with this delicious dish. And our women usually complain saying, "Nakaro Goriso hanucho hoto ghara"! Well, no regrets, make it at home yourself now. Here you go!

The Ingredients :

• 1 kg beef/mutton • 30 red chillies • 1 tbsp black pepper powder • 2 pcs dalchini *(Cinnamon)* • 2 tbsp dhane *(Whole coriander seeds)* • 1 tbsp badishep *(Fennel seeds)* • 2 lawang *(Cloves)* • 1 wati *(Full piece)* dry coconut • 4 tbsp green masala *(ginger, garlic, green chillies, and coriander paste)* • 4-5 Onions cut into long thin strips • 2 tbsp haldi *(Turmeric powder)* • 2 tbsp red chilli Kokni Masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes)* • Salt as per taste.

The Method :

1) Dry roast chillies, black pepper, dalchini, dhane, badishep, lawang and grind to a powder. **2)** Cut coconut wati into 4 pieces and roast on the direct flame till black from all sides. Grind the coconut pieces. This is called *sukha bhuzlela khobra*. **3)** Heat oil in a vessel and fry 4-5 onions till translucent. **4)** Add green masala and fry for 2-3 minutes. **5)** Add mutton, grounded coconut, haldi, red chilli Kokni masala, and grounded garam masala. Fry for 10 minutes stirring continuously till the raw smell of coconut is gone. **6)** Add water maintaining thick consistency of the gravy. **7)** Add salt to taste. **8)** Cover with lid and cook on low flame till the mutton is cooked well. **9)** Garnish with coriander leaves.

Rote mopshe bhujun thava, boltil don pun sagli panch panch khatil O!

Kheemo

Kheema pav might be a common breakfast these days, but Kadwaikarinis have been making mutton kheema since many years. A good option for breakfast as well as dinner, our Kadwai recipe of kheema will give you a true sense of homemade Kadwai spices and their mouth-watering, long lingering taste.

The Ingredients :

- ½ kg Mutton kheema.
- Green Masala : • *½ bunch coriander • 4 green chillies • 25gm ginger • 4-5 pcs garlic*
- Garam Masala: • *1tsp jeera (Cumin powder) • 10 kali mirya (blackpepper) • 1 piece dalchini (Cardamom) • 2 laung (Cloves) • 2 tomatoes (finely chopped) or pureed*
- 4 onions (finely chopped)
- 1 tsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- ½ Cup Green Peas *(matar)* optional.
- Salt to taste.

The Method :

1) Wash Kheema and keep aside to drain the water.

2) In a Kadai, fry onions till golden brown.

3) Grind both green and garam masala into a fine paste.

4) When onions are well fried add both the masalas & fry till the masala leaves oil.

5) Now add tomato puree or finely chopped tomatoes.

6) Add red chilli powder and fry the masala for some more time.

7) Now add mutton kheema and green peas (optional) and heat till kheema is well cooked.

8) Serve hot with rotis or Pav (bread).

Gharcho kheemo itko sawad sawad ki hotelcho israal bagha!

Bhejo

Mazo bhejo nuko ha khaanw! Pann bakri cho bhejo kha :-) Made with some simple homemade spices and can be modified by adding some ready spices from the shop. Bhejo or brain of the goat is usually enjoyed with our own white, fluffy Tandla chi (rice flour) roti). Enjoy with regular pav (bakery bread) you can too.

The Ingredients :

- 2 -3pcs Goat Brain *(Bheja).*
- 4 Onions finely chopped.
- 1 small piece Ginger.
- 4-5 cloves of Garlic.
- 2-3 Green chillies.
- ¼ spoon Haldi *(Turmeric powder).*
- 2 tbsp Badishep powder *(Refer the Masalo section to see the recipe for Badishep powder)*
- Salt to taste.

The Method :

1) Grind Badishep with ginger, garlic, green chilli and turmeric together and keep aside.

2) Fry onions till golden brown.

3) Add grounded masala and fry it well till raw smell evaporates.

4) Wash bheja well. Cut into medium pcsand add to masala slowly and mix well.

Tip: Bheja is quite soft n delicate, so avoid stirring vigorously. Just move pan in such a way that bheja mixes with the masala well.

5) Heat on low flame till bheja is cooked well.

6) Serve with soft rotis or bread *(Pav).*

Ata Bhendi-bazarat nuko zanwka bheja-fry khawka, gharatuch banawa!

Kaaliz

Liver of Goat

Bhuzlela kaliz mala nai ba milla!
Well, yes, lot of people simply enjoy roasted kaliz (liver of goat). Many also add some spices and onions to relish it with roti.
Kadwai kids enjoy the kaliz in Mutton ukra or gravy.

The Ingredients :

- 1-2 Kaaliz *(Liver of Goat).*
- 4 Onions finely chopped.
- 1 small piece Ginger.
- 4-5 cloves of Garlic.
- 2-3 Green chillies.
- ¼ spoon Haldi *(Turmeric)* Powder.
- 2 tbsp Badishep *(Fennel seed)* powder.

(Refer the Masala section to see the recipe for Badishep powder)

The Method :

1) Grind Badishep with ginger, garlic, green chilli and turmeric together and keep aside.

2) Fry onions till golden brown.

3) Add ground masala and fry it well till raw smell evaporates.

4) Wash kaaliz well and cut it in medium pcs, and add to masala slowly and mix well.

5) Cook on low flame till kaaliz is cooked well.

6) Serve with soft rotis or Pav *(Bread).*

Kaliz nusta bhuzun nai, asa pan lai sawad lagtey; baga!

Massachi Biryani

Bakri Eid aili ani mutton zamla saglya hikarcha, mang Kadwaikarini jasti sochat nai !
Mutton Biryani is the first dish that comes to their mind.
Though not originated in Kadwai nor was it made in older times yet this recipe is what would excite the younger generation. So here you go!

The Ingredients :

- 1 kg Mutton.
- 2 cups Barista *(See Step 1 how to prepare barista).*
- 4 tbsp Dhaniya *(Coriander)* & Jeera *(Cumin)* powder.
- 1 tbsp haldi.
- 1 tbsp red chilli powder.
- 2 tsp garam masala powder.
- 2 - 3 tbsp biryani masala.
- 8 large onions sliced *(Use 5 onions to prepare Barista and rest 3 for biryani masala).*
- 3 tomatoes chopped.
- 4-5 tbsp green masala (ginger, garlic, green chilli and coriander paste. Add few mint leaves too).
- 1 ½ - 2 cup beaten curd
- Whole garam masala *(Cinnamon, Cardamom, Black Pepper, Cloves, Chakri Phool or Star Anise).*
- Lots of chopped coriander.
- Some chopped mint leaves.
- Salt to taste.
- Oil for cooking.
- Some ghee.
- 4-5 potatoes cut into 3-4 pcs.

Rice

- 1-1 ½ kg rice (Basmati preferred).
- Some garam masala.
- Pulav patti.
- Salt.
- 2 tbsp oil.

The Method :

Step 1: Making the Barista :

1) Take a kadai or vessel in which you want to prepare biryani masala.

2) Heat a good amount of oil and fry the onions till golden brown. Do occasionally stir to avoid burning the onions.

3) Remove from oil and spread it in a strainer in order to separate oil so that the onions become crisp. These crisp fried onions are called Barista.

Step 2 : Preparing the Masala :

1) Cut mutton into slightly big pieces *(a little larger than medium, not too big).*

2) Wash the mutton well and keep it in a strainer for half an hour.

3) In a dekchi, heat oil *(You can use the same oil in which you prepared Barista)* and apply some salt to potatoes and roughly prick them and fry these till 80% done, then remove and keep aside.

4) In the same oil add whole garam masala, then add onions and little salt.

5) Once onions are brown, add tomatoes and cook till they become pulpy.

6) Add dahi and cook for 2-3 minutes.

7) Add haldi, dhaniya zeera, garam masala, red chilly masala, and biryani masala.

8) Cook for 5minutes & add green masala. Fry for some more time till oil separates.

9) Put in a little chopped coriander.

10) Add little water if you find it very dry and cook this for 5 minutes.

11) Add the mutton to the cooked masala, cover the lid, and cook for 20-25 minutes till the mutton is 90% cooked. Remove a piece of mutton and check if it is cooked or not.

Step 3: Preparing the Rice.

1) In a vessel, take enough water, add whole garam masala, pulav patti, salt and some oil.

2) Bring to boil and cook rice 80%.

3) After the rice is 80% cooked, drain the water completely. Use a rice filter to remove the water from rice.

Step 4: Putting everything together on 'Dum'.

1) Take a vessel appropriate for biryani.

2) Put the mutton masala you have prepared in step 2. *Tip: In the bottom of the vessel, keep some rotis if you have. This will avoid burning and sticking the masala.*

3) Add a layer of cooked rice over the layer of masala.

4) Add some barista and few potatoes.

5) Add the remaining cooked rice & barista.

6) Add potatoes chopped coriander, and chopped mint leaves on the top layer.

7) With the handle of a long spoon, make some holes from top layer to the bottom and add some ghee or butter in these holes. *Tip: Mix the desired food colours with milk and sprinkle on the rice when you cook the rice or you can directly sprinkle the colour mixture on the top layer of the biryani.*

8) Cover with a tight lid and leave this on low flame or on a tawa for at least ½ hour.

9) When you get proper steam, switch off the gas.

Serve with raita and Kokni papad.

Chaap bik asle maasat tey fry karuka thawa sobat!

Kukduku (Chicken Recipes)

Ukra

Chicken is the next favourite dish of Kadwaikars after fish ofcourse. Usually prepared once in a week or when there is a small get together. A few chicken dishes our Kadwaikarinis have been making since ages (specialities of Kadwai) are listed in this section. Have a look. Happy reading! Great eating!

Our Kadwai kids love it the most! And so will you! This famous dish is usually prepared at weddings for kids or people who don't prefer spicy gravy. Blend of simple spices and mixed with mutton or chicken and served with rice. Can be relished with rotis too. Kadwai families prefer dipping Sandane' (a Kadwai snack of repute) and enjoy a typical Kadwai combo. Yes, you guessed it right! Agdi barobar! Amcha famous Ukra!

The Ingredients :

- 1 kg chicken with bones.
- 2 large onions sliced.
- 1 pod garlic.
- 1 cup coconut milk either made from fresh coconut or coconut milk powder.
- 2 tsp turmeric *(Haldi)* powder.
- 4 tbsp saunf *(Fennel seed)* powder.
- 1 tsp garam masala powder.
- Some oil and ghee.
- ¼ bunch of finely chopped Coriander.
- Salt as per taste.

The Method :

1) Mix all ingredients together except the chicken and onions.

2) Grind to a very fine paste. Apply it to the chicken and keep it aside.

3) Meanwhile heat oil and ghee together and add whole garam masala.

4) Fry onions till light golden brown.

5) Add chicken to it and simmer for 10 to 15 minutes.

6) Add desired amount of water and bring to boil.

7) Garnish with chopped coriander.

Serve as soup or with bagara rice *(pulav in Konkani).*

Saandani asli ki ukra hanvainuch.

Komryacho Laal Masalo

Red Masala Chicken

Another delicacy, kind of brand-favourite dish of Kadwaikars, is something really really mouth-watering. Chicken immersed in dark red coloured thick gravy with a fine layer of oil floating atop it. Yum Yum!
Read it on for your next lunch. You will relish it with Tandla chi (rice flour) roti or rice.

The Ingredients :

- 1 kg Chicken *(Whole)* cut into medium sized pieces.
- 2 tbsp ginger garlic paste.
- 2 tsp Badishep *(Fennel seed).*
- 4 tspn Dry Khobra *(Coconut)*

(Roast 1/2 vati dry khobra and two onions on gas. Add to this garam masala like 1pc dalchini (Cinnamom), 4-5 Kali miri (Blak Pepper), 2 pieces Elaichi (Cardamom), 1 piece lawang (Clove). Grind all together and keep aside.)

- 3 tbsp red chilli Kokni masala.

(Refer the Masalo section to see the recipe for the red chilli masalo Kadwaikarinis store for a year and use in their dishes.)

- 3 chopped Tomatoes.

The Method :

1) Wash chicken pieces and keep aside to drain excess water.

2) In a vessel, fry the onions till golden brown.

3) Add red chill Kokni masala, ginger garlic paste and fry well.

4) Add the tomatoes and fry till tomatoes soften.

5) Add badishep and grounded khobra to masala and well. Add salt as per taste.

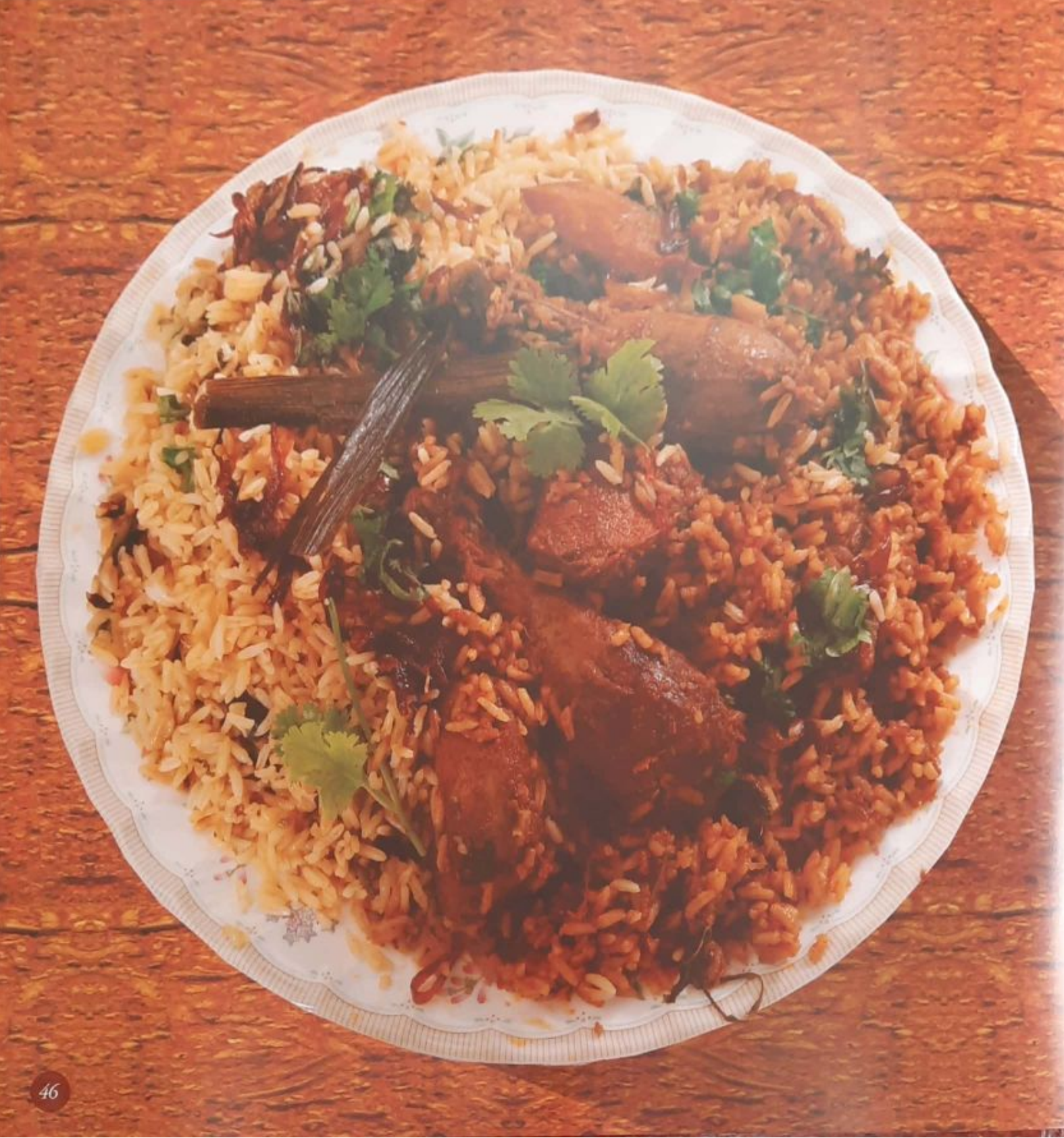
6) When the masala is well fried and leaves oil add the chicken to it and mix well.

7) Add water for gravyas required.

8) Cover and cook for 25-30 minutes on low flame till the chicken is cooked well.

9) Garnish with coriander and serve with pulav.

Lal zhanzhanit zhailo na masalo, ekdum Kadwaikarini sarko!



Chicken Biryani
Komryachi Biryani

One of the common dish usually ordered during parties and treats yet tastes best when made at home. Our Kadwaikarinis make the chicken biryani tastier by adding their own home made range of masalas, giving it a typical homely look.

So don't waste your money ordering it from outside, try this recipe at home, Ooh la la la!

Note: Chicken Biryani can be made by following the same ingredients and method as mutton biryani. Here however we are using a slightly different method, while the ingredients are same.

The Ingredients :

- 1 kg Chicken.
- 2 cups Barista *(See Step 2 how to prepare Barista).*
- 4 tbsp Dhaniya *(Coriander)* & Jeera *(Cumin)* powder.
- 1 tbsp haldi *(Turmeric)* powder.
- 1 tbsp red chilli powder.
- 2 tsp garam masala powder.
- 2-3 tbsp biryani masala.
- 8 large onions, sliced *(Use 5 onions to prepare Barista and rest 3 for biryani masala.)*
- 3 tomatoes, chopped.
- 4-5 tbsp green masala *(ginger, garlic, green chilli, coriander paste ,add few mint leaves also)*
- 1 ½ - 2 cup beaten curd.
- Whole garam masala *(Cinnamon, Cardamom, Black Pepper, Cloves, Chakri Phool or Star Anise)*
- Lots of chopped coriander.
- Some chopped mint leaves.
- Salt to taste.
- Oil for cooking.
- Some ghee.
- 4-5 potatoes cut into 3-4 pcs.

Ingredients for rice:

- 1-1 ½ kg rice *(Basmati preferred).*
- Some garam masala.
- Pulav patti.
- Salt.
- 2 tbsp oil.

The Method :

Step 1: Marinating the chicken.

1) In the morning, cut the chicken into slightly big pieces *(a little large than medium not too big).*

2) Wash the chicken well.

3) Make cuts into the chicken so that the masala penetrates deep inside the pieces.

4) In a vessel or bowl, take the washed and slit chicken, apply green masala, dahi, garam masala, haldi, dhania jeera powder, red chilli powder, and biryani masala.

5) Mix well and keep in refrigerator till you start making biryani.

Step 2: Preparing Barista :

1) Take a kadai or vessel in which you want to prepare biryani masala.

2) Heat a good amount of oil and fry the onions till golden brown. Make sure to occasionally stir to avoid burning the onions.

3) Remove onions from the oil & spread on a strainer to separate oil so that the onions become crisp. These crisp, fried onions are called Barista.

Step 3: Preparing the Masala :

1) Take out the marinated chicken from refrigerator.

2) In a vessel, heat oil *(You can use the same oil in which you prepared Barista)* and apply some salt to potatoes and roughly prick them and fry these till 80% done. Remove and keep aside.

3) In the same oil add whole garam masala, add onions and little salt.

4) Once onions are brown, add tomatoes and cook till they become pulpy.

5) Add the marinated chicken to the cooked masala, cover and cook for 20-25 minutes till the chicken is 90% cooked. Remove a piece of chicken and check if it is cooked or not.

Step 3: Preparing the Rice :

1) In a vessel, take enough water, add whole garam masala, pulav patti, salt, some oil.

2) Bring to boil till rice is 80% cooked.

3) After the rice is 80% cooked, drain the water completely using a rice filter.

Step 4 : Putting everything together on "Dum":

1) Take a vessel appropriate for biryani.

2) Put the Chicken masala you have prepared in step 2.

Tip: On the bottom of the vessel, keep some rotis. This will avoid burning and sticking the masala.

3) Add a layer of cooked rice over the layer of the masala.

4) Add some barista and few potatoes.

5) Add the remaining cooked rice & barista.

6) Add potatoes chopped coriander and chopped mint leaves on the top layer.

7) With the handle of a long spoon, make some holes from top layer to the bottom and add some ghee or butter in these holes.

Tip: Mix the desired food colours with milk and sprinkle on the rice when you cook the rice or you can directly sprinkle the colour mixture on the top layer of the biryani.

8) Cover with a tight lid and leave this on low flame or on a tawa for at least ½ hour.

9) When you get proper steam, switch off the gas.

Serve with raita and Kokni papad.

Komra jasti hana; tandoori bik banawa ani mast party kara saglya sobat!

Kombricha kanwat (Egg Recipes)

Tikanji

"Ago Ganwti kanwta khain go miltil saang na?"

Kadwaikarinis also make egg dishes, however they prefer ganwti *(desi)* kanwat *(egg)* over the usual english eggs in the market. A variety of traditional egg dishes are made in Kadwai. Let's have a look at them.

You must have tried a variety of egg dishes in restaurants. But this Kadwai recipe called 'Tikanji' will surely take your taste-buds into a different world. You will see thick egg-fries floating on the sparkling green gravy! Feel your taste-buds craving and your tummy wanting them lowered into it instantly. Now, if you want to try it get invited to a Kadwaikar's home. Be shameless if need be but do ask for some rice or chapati to eat the Tikanji along with !

The Ingredients :

Masala

- 2 tbsp dhania *(Coriander).*
- 1 tsp jeera *(Cumin seeds).*
- 1/4 tsp kaali mirch *(Black pepper).*
- 2-3 laung *(Cloves).*
- ½ inch piece dalchini *(Cinnamon).*
- 1 ilaichi *(Cardamom).*
- Haldi *(Turmeric).*

Main curry

- 1 small onion.
- 1 potato.
- 2-4 eggs.
- 3-4 tbsp oil.
- Little ghee *(Homemade).*
- Salt to taste.

The Method :

1) Dry roast the masala ingredients and grind finely. **2)** Take 1 small onion and roast it. **3)** Roast 1/4 dry coconut. **4)** Grind roasted onion and coconut with 7-9 cloves of garlic and a small piece of ginger by adding water. **5)** In a vessel saute onion till light pink. **6)** Add the ground masala and stir till oil leaves the masala. **7)** Add little water time to time for at least 5 to 10 minutes. **8)** Add sufficient water and bring to boil. **9)** Keep the flame low and add eggs one by one in different places in the vessel. **10)** Add salt and let the eggs cook for some time. **11)** Serve with pulav rice.

This recipe is very good for cold and cough and is relished by children.

• Salad served with tikanji : Add 1 chopped onion, some chopped coriander, pinch of salt, sugar, lemon juice and some cold water. Mix together and keep aside at least for 15 minutes before serving. You can also refrigerate it.

Kanwta mhang asli mang! Mang kai, Kombri dhara pan tikanji banawach!

Kanwtacha Kalanvka

A different version of Tikanji - dark red coloured gravy with floating fried eggs over it! You guessed it right! This is a spicy version of our own Tikanji. Different in look and different in taste too. Made with a lot of masalas ,roasted and ground to give it both : The perfect look! The sawaad sawaad taste!

The Ingredients :

- 6 eggs.
- 2 potatoes cut into 6 pcs.
- 2 medium sized onions sliced.
- 1 large chopped tomato.
- Some whole garam masala.
- 1 - 2 tsp garam masala powder.
- 3 tbsp. red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 1 tsp haldi powder.
- 1 tbsp green masala *(ginger, garlic,green chilli, coriander paste.)*
- 2 tbsp. roasted onion and coconut mix *(refer the masalo section to see the recipe for roasted coconut and onion masala).*
- Chopped coriander.
- Salt to taste.

The Method :

1) In a vessel, heat oil and add whole garam masala. **2)** Add onions and fry till light golden brown. **3)** Add chopped tomatoes and fry till pulpy. **4)** Add red chilli powder, haldi powder, salt, green masala & potatoes and fry for two minutes. **5)** Add roasted coconut and onion mix and fry for 5 minutes. Keep stirring. **6)** Once the oil starts separating, add desired amount of water. **7)** Cover and cook. **8)** When the potatoes cook properly, remove them and keep aside. **9)** Simmer the gas and add eggs one by one at different places in the vessel. *Tip: First break an egg in a bowl and slowly leave the egg in the gravy.* **10)** Cover for 5 minutes and switch off the flame. **11)** Add potatoes and garnish with chopped coriander.

Ganwti kanwta ichara kunashi asli tey; laiuch sawad hotey!

Mhawra *(Fish Recipes)*

Mavryachi Tikat Otal

Spicy fish gravy

Fish is the daily need of every Kadwaikar. We love fish in any form. Be it fresh or dried & stored, we can eat it anytime. Some Kadwaikarinis also prepare special fish masala and store for a year.

This masala is used in almost all the fish dishes. Come Mangalwar Bazar (Tuesday Market) in Kadwai, and everyone is too excited to eat fresh fish. Let us explore the trademark fish dishes of Kadwai.

We Kadwaikars cannot resist fish. Our everyday meal has fish in some form or the other. Be it, a simple fried fish or roasted, we just love it. You invite Kadwaikars and serve fish instead of chicken, they will be the happiest. Since many years, Kadwai has its famous 'Mangalwar Bazar' (Tuesday market) and on this day if you enter any house during lunch time, you will surely find a common meal - Rice and Otal and Fish fry. Our very own Mhavryachi Tikat Otal can be prepared with very simple ingredients and with almost any type of fish. Hoi Hoi! Not to forget, Kadwaikars relish 'Taklyachi Otal' means the head of the fish, which is usually discarded considering no flesh, it makes this dish more tasty.

The Ingredients :

- 1 medium sized fish *(Surmai/Halwa)*.
- 1 heaped tsp salt.
- 8-10 garlic cloves.
- 8-10 curry leaves.
- 1 green chilly.
- 2-3 tsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 1 tomato, sliced.
- 8 pcs kokum
- ½ cup coconut milk *(If desired)*.
- ¼ bunch of coriander, chopped.
- Salt to taste.

The Method :

Method 1

1) Wash fish & keep aside. **2)** Heat oil & add few curry leaves. Let it splutter. **3)** Add crushed garlic cloves, slit green chillies, red chilli masala & coconut milk *(if desired)*. **4)** Add tomato & kokum. **5)** Cook for 2 to 3 minutes & add desired amount of water. **6)** Add salt to taste. **7)** Now add fish. **8)** Cook till the fish is done. **9)** Add chopped coriander.

Method 2

1) Wash the fish and put in the vessel. **2)** Add desired amount of oil and add all the specified ingredients. **3)** Add water as required and put on the flame to cook. **4)** Cook till the fish is done.

Nusta takla nuko taku Otlet; ek don besshe tukre pan taka O.

Haldavni

Non-spicy, yellow fish gravy

Not only chicken and mutton but our Kadwaikarinis also make green and yellow coloured fish gravy. Haven't seen yellow fish gravy have you! Here you go make it yourself. Make sure to clean the fish properly before you start. And no need to buy any ingredients from outside, this recipe has simple homemade spices. Not being spicy, this gravy is adored by kids.

The Ingredients :

- 8-10 pieces of fresh fish or prawns
- Masala :
  - 2 tbsp dry dhania *(Coriander).*
  - 2 tsp jeera *(Cumin seeds).*
  - 2 tbsp grated fresh coconut.
  - 5-6 cloves of garlic.
  - 1 green chilli *(Optional).*
  - Fresh dhania *(Coriander).*
- 2-4 kokums.
- 2 tbsp oil.
- 2-3 curry patta.
- ½ tsp jeera *(Cumin seeds).*
- 1 tsp haldi *(Turmeric)* powder.
- Salt to taste.

The Method :

1) Grind the masala ingredients to a very smooth paste by using little water.

2) Clean and wash the fish nicely and apply salt & keep at least for half an hour.

3) Take a vessel *(usually thapka dechka or flat bottomed utensil is preferred).* Add oil, curry patta, jeera and ground masala.

4) Add haldi powder and saute for at least 5 to 10 minutes.

5) Add the required amount of water to make the gravy.

6) Add the kokums and fish.

7) Add salt to taste.

8) Cook for 10-20 minutes on slow flame.

9) Garnish with coriander and serve hot with roti or rice.

Pora la pan khawdya; sawad zhailai bolun swata nuko khaw saglach!

Tallela Mhawra

Fried Fish

Come our Mangalwar bazar (Tuesday Market) in Kadwai and you will find this common dish in almost every house of Kadwai . A very simple yet very tasty dish relished with any other lunch meal - usually eaten with Dal and rice.

The Ingredients :

- 5-6 pieces fish *(Surmai/Paplet/Halvo).*
- 1 tsp salt.
- 1 tsp lemon juice.
- 3 tsp red chilli powder masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*

The Method :

1) Wash the fish nicely.

2) Apply salt and lemon juice to fish pieces nicely and evenly. Keep aside for at least half an hour.

3) Apply red chilli powder masala nicely to all the pieces.

4) Take a fry pan and add enough amount of oil.

5) Shallow fry the pieces.

6) Turn and fry the other side.

7) Serve hot and crispy.

Goayala zawn nuko, gharatuch baga kiti chukat banel te, bota chatat rhyal!

Chinglachi Otal

Prawn curry

Chingla lai mhang! Still our families love to eat prawns. Prawn curry is mostly categorized in malvani dishes, however our Kadwai version of this curry has a special taste of the masala specifically prepared for seafood dishes. Cleaning prawns is a bit hectic, but the taste of this dish will make you realize the hard work paid back in taste.

The Ingredients :

- 10-12 medium sized Chingla *(Prawns).*
- 1 cup curd.
- 2-3 tbsp besan *(Gram flour).*
- 4-5 curry patta.
- 4-5 tsp oil or ghee.
- 1 tsp haldi *(Turmeric powder).*
- Coriander leaves.
- Salt to taste.
- Masala :
  - 1 tbsp dhania *(Coriander seeds).*
  - 1 tsp jeera.
  - 2 tbsp grated coconut *(Khopra).*
  - 4-6 red chillies *(Sukhi mirchi).*
  - 6-7 cloves of garlic.

The Method :

1) Grind the masala ingredients into a fine paste by using little water.

2) Clean and wash prawns, add salt and keep them aside.

3) Take a vessel and heat oil or ghee.

4) Add curry patta and saute the grounded masala for 5 to 10 minutes by adding little water time to time.

5) Add haldi and salt.

6) Add the prawns & cook for some time.

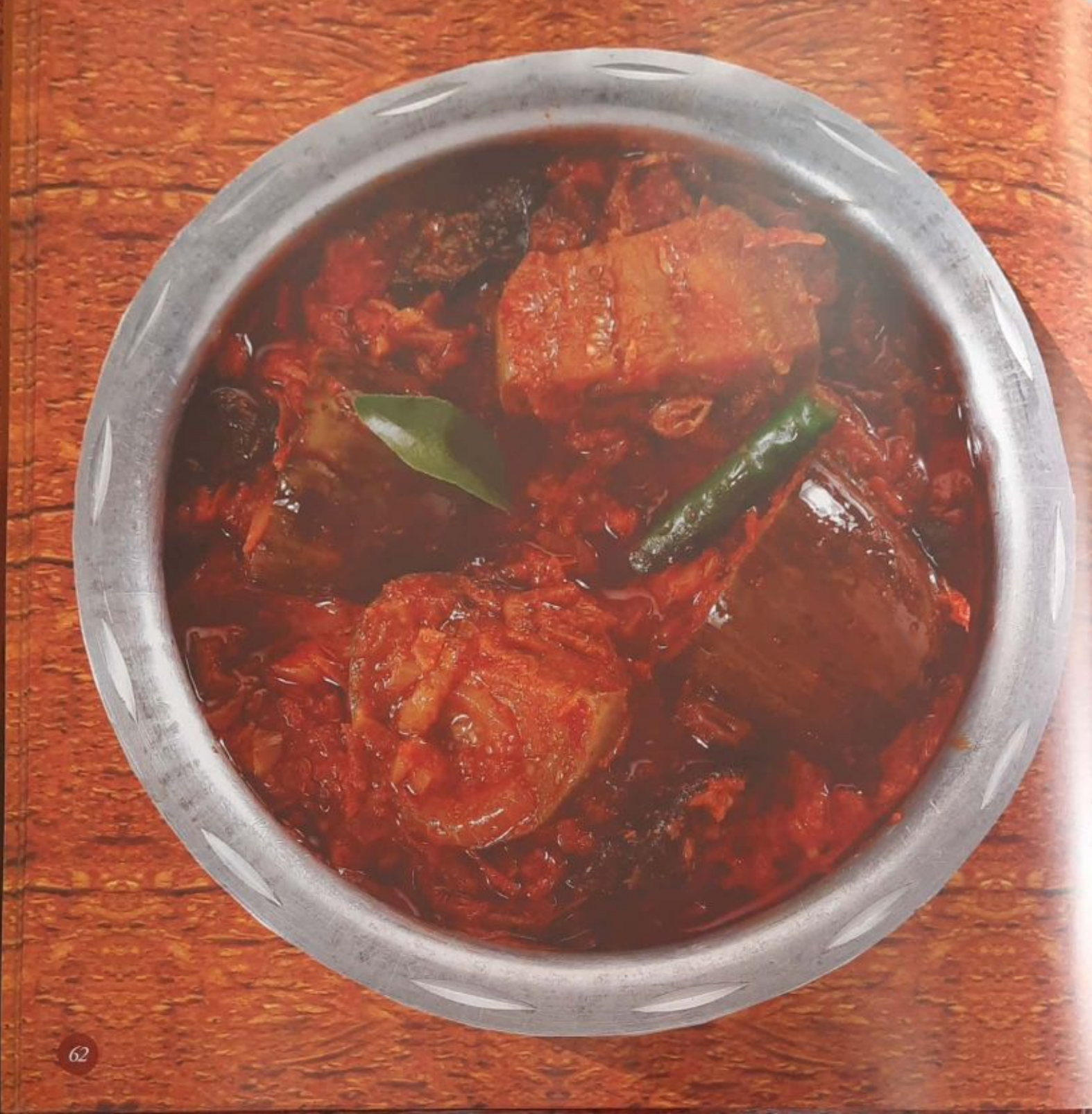
7) Beat the curd & besan in a bowl & add this mixture to the gravy constantly stirring it.

8) Add enough water and cook till the prawns are cooked nicely.

9) Garnish with coriander leaves.

10) Serve hot with rice or roti.

Chingla moti asli te faraq parte, otal lai sawad hote!



Wainga Kolim

Brinjal & Dried Prawns

You can simply have as many rotis with this dish alone. Typical Konkani dish, being made for centuries in Kadwai.
"Kolim kaso hanlos go!"- a usual dialogue of our Kadwaikarinis.
When fish is not available at home it's wainga (brinjal) and kolim (dried fish). Kadwaikarinis usually buy fresh kolim from the market and store the kolim in-house for a year.

The Ingredients :

- 50 gram kolim.
- 250 gram brinjal cut into small pieces.
- 3 medium sized sliced onions.
- 1 medium sized chopped tomato.
- 2 to 3 tbsp red chilli Kokni masalo *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes).*
- Few roughly broken curry leaves.
- Chopped coriander.
- Oil for cooking.
- Salt to taste.

The Method :

1) Wash Kolim nicely and keep aside.

2) In a vessel, heat oil, put sliced onions and curry leaves, and fry till onions turn transparent.

3) Add tomatoes, red chilli powder and fry for 2-3 minutes.

4) Add brinjal pieces and mix well.

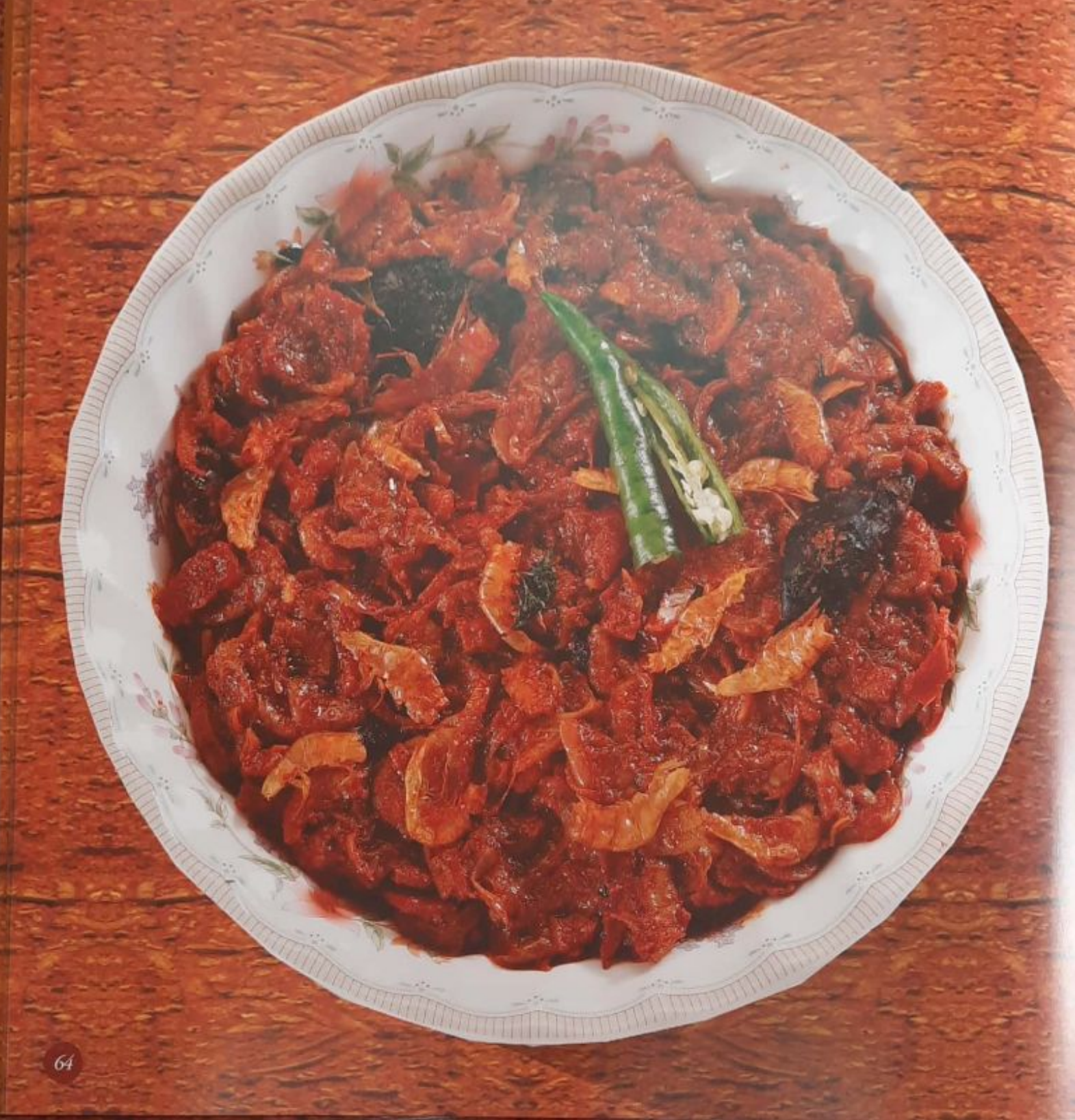
5) Add some water, cover and cook on simmer.

6) When the brinjals are 3/4th cooked, add the kolim and add water if required. Do not add to much water because this is thick gravy.

7) Add salt and cook for sometime.

8) Garnish with coriander.

Khain picnic la bik gelenw tey nhewka isru nuko haan!



Talleli Kaar

Fried Dry Prawns

Kadwaikarinis are experts in making dried fish such as kaar, kolim & bombil. Kaar is the dried form of prawns which are commonly sold during season time when they are fresh and new. Talleli Kaar tastes best with Tandla chi (Rice flour) roti. Earlier days, Talleli kaar and Tndla chi (Rice flour)roti made with hands is a trademark Kadwai creation.

The Ingredients :

- 100 gram Kaar *(Dried prawns).*
- 3 large onions, sliced.
- 1 tomato, chopped.
- 3-4 kokums.
- Salt to taste.
- 2 tbsp red chilly Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 1 tbsp haldi *(Turmeric powder).*
- Chopped Coriander.

The Method :

1) Wash Kaar *(Dry prawns)* and keep aside. You can also wash in hot water if you feel the smell is not gone.

2) In a vessel, heat oil and add curry leaves and let it splutter.

3) Add onions and cover and cook till onions are transparent.

4) Add chopped tomato and add the washed Kaar.

5) Add kokums and salt.

6) Add red chilly masala and haldi.

7) Keep stirring and add some water if required.

8) Cook for some time till the Kaar is cooked.

9) Add chopped coriander.

Aambya cha season mada kaccho aambo naitey kairi takun maja ghya!

Kaaricha Kalavnka

Dried Prawns Gravy

Kaar (Dried prawns) is dried fish which our Kadwaikarinis store for a year. Thin red coloured gravy and lot of kaar in it - made with simple homemade spices is what gives it a typical Kadwai touch. Usually served with rice, but you can try this recipe with our own Tandlachi (rice flour) roti .

The Ingredients :

- 1 cup Kaar *(Dry prawn).*
- 1 tbsp ginger garlic paste.
- 1 tbsp dry khobra masala.
- 1 tbsp red chilli Kokni masala *(Refer the Masala section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes).*
- 1 tomato.
- 1 onion.
- 1 potato cut into 4 pieces *(Optional).*
- Some coriander.
- Salt as per taste.

The Method :

1) For khobra masala : **a)** In a fry pan, take little oil, fry ½ vati dry khobra, two onions, 1 piece dalchini *(Cinnamon)*, 4-5 Kali miri *(Black pepper)*, 2 elaichis *(Cardamom)*, one lawng *(Clove)*. **b)** Grind the fried masala and keep aside.

2) In a vessel, add some oil and fry onions till golden brown. **3)** Add red chill Kokni masala, ginger garlic paste and fry well. **4)** Add tomatoes and cook till the tomatoes softens. **5)** Add the khobra masala and fry till the raw smell of red chilli & khobra evaporates. **6)** Add potato *(Optional)* and some water and cook for some time. **7)** When masala is fried well, add kaar to the gravy. **8)** Cook till kaar and potatoes are cooked well.**9)** Adjust the water required and take a boil. **10)** Sprinkle coriander on it and serve hot with rice.

Lai pan miri taku nuko naitey tikat hoil O!

Atlavni

Jackfruit Seed Gravy

Atal is the seed of jackfruit! Did you ever think it can be used as well, or you simply threw it off. Well, Kadwaikarinis dry the seeds and store them to make Atlavni with Kolim (dried small prawns). Made of simple spices, gives this dish a great taste.

So, next time you eat jackfruit and throw away the seed do remember to try this recipe! Result : you'll not only regret having thrown the seeds but you will surely store them year after year.

The Ingredients :

- 15-20 atals *(Jackfuit seeds)*, slightly crushed.
- 2 cup kolim.
- 1 large onion.
- ¼ tsp haldi *(Turmeris powder)*.
- 3 tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 3-4 kokums.
- 1 ½ tbsp roasted coconut *(Refer the Masalas section to see the recipe for the roasted coconut Kadwaikarinis store for a long time and use in their dishes.)*
- 3-4 curry leaves.
- Salt to taste.

The Method :

1) Wash the kolim and atals nicely and keep aside.

2) In a vessel, heat oil and add curry leaves and let it splutter.

3) Add onions and fry till translucent.

4) Add haldi, red chilli Kokni masala, and fry till oil separates.

5) Add atals, kolim, kokum, salt and roasted coconut.

6) Add water as required to cook the atals and kolim.

Masalyat chi atal kha, kawanch life mada garyachi atal takun denaar nay tumhi!

Suke Bombil

Dry Bombay Duck

Suke Bombil (Dry Bombay Duck) is another dried fish which Kadwaikarinis buy from the market and store for a year. A very good option if no fresh fish is available in the market or if you want to make a fish recipe instantly without going to the market.
You ask Kadwaikarinis to go on a picnic, and most of them will surely bring sukhe bombil along with Tandlachi (rice flour) roti.

The Ingredients :

- 15-20 dry bombay ducks *(Suke bombil).*
- 3 onions, sliced.
- 1 tomato, chopped.
- 4-5 cloves of garlic nicely crushed.
- 4-5 kadi patta.
- 1 tsp haldi *(Turmeric powder).*
- 2 tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- Some coriander.
- Salt to taste.

The Method :

1) Wash the dry bombils & keep aside.

2) Take a vessel *(Usually thapka dechka or flat bottomed utensils are preferred)* and heat some oil.

3) Add curry patta, garlic cloves. Let it splutter.

4) Add sliced onions and fry till they are golden brown.

5) Add tomato & cook till they are soft.

6) Add haldi and red chilli Kokni masala and mix well. Cook for 2-3 minutes.

7) Add salt & then add the bombils. Mix well.

8) Add some water so that the bombils cook properly and cover with lid.

9) Cook for 10 minutes by occasionally stirring the bombils to avoid sticking to the base of the vessel.

10) Switch off flame when bombils are done and garnish with coriander.

Sukya Bombla che kaante bagun kha naitey ataktil!

Kharya Mhawryachi Otal

Salted fish Gravy

Our Kadwaikarinis are excited to go to the 'Budhwar Bazar (Wednesday Market)' at Sangmeshwar, and buy dried fish (Khati or Daghol). This is one of the expensive dried fishes sold in the Konkan region. Kadwaikarinis are expert in bargaining with the sellers for this dried fish. It is then washed, as it is wrapped in a lot of salt, then they keep it hanging for a day or three until it becomes dry. The fish is then cut into pieces, which can be refrigerated and used for several months. So, when they say "Khara Mhawra" – tondala lagech paani sutte! Kharya Mhawryachi Otal is a thin spicy gravy made of simple spices and khari boti.

The Ingredients :

• 7 to 9 medium size pieces of khara mhavra *(Daghol)* • 2 kokums • 5-7 curry patta • 1 tomato • 1 tsp haldi • 2 tbsp red chilli Kokni masala *(Refer the Masala section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes).* • Some coriander • 3-4 tbsp oil • Masala • 8-9 red dry chillies • 2 tbsp dhania *(Dry coriander seeds)* • 1 tsp jeera *(Cumin seeds)* • 3 tbsp fresh or dry coconut scrape • 8-10 cloves of garlic • Salt to taste.

The Method :

1) Grind the masala ingredients into a fine smooth paste by using little water.

2) Wash the khara mhavra and keep in warm water for 10 to 15 minutes to remove excess salt.

3) Take a vessel and heat oil and add curry patta and jeera. Let it splutter.

4) Add the ground masala and haldi & red chilli Kokni masala & saute for 10-15 minutes by adding little water at a time.

5) Add enough water for the gravy and add the khara mhavra and kokum.

6) Add finely cut tomatoes and cook for 20-30 minutes.

7) Garnish with coriander and serve hot with ravavlela taak.

Next time khara mhawra mhang asla tari hanal, otal sawad zhaili na!

Kurlyacha Kalanvka

Crab Gravy

Kurli (Crabs) look complex yet delicious to eat! Kadwaikars can't miss them anyway. Our Kadwaikarinis have to be careful while cleaning crabs and of course they are experienced in that. Unlike other fish gravies, this gravy requires a lot of spices and grinding. With the typical Malvani taste, enjoy this mouth-watering dish with our own Tandlachi (Rice flour) roti or rice.

The Ingredients :

- 10-2 kurli *(Crabs).*
- 2 tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 1 tsp haldi powder *(Turmeric powder).*
- 1 tsp garam masala.
- 4-5 curry patta.
- ¼ coconut.
- 3 medium sized onions.
- 5-7 cloves of garlic.
- 1 big tomato.
- Some coriander.
- Salt to taste.

The Method :

1) Clean the kurli nicely taking only the soft part and the legs. **2)** Cut the legs in 2 parts removing the front portion *(Teeth).* **3)** Roast one onion and coconut on gas and finely grind coconut, onion and garlic. **4)** In a vessel, heat oil and add curry patta. Let it splutter. **5)** Add onions and fry till pinkish. **6)** Add red chilli Kokni masala and haldi powder and saute for some time by adding little water. **7)** Add tomatoes and cook for 2-3 minutes till tomatoes are soft and leave oil. **8)** Add the ground masala and garam masala and sauté for 5 minutes till the raw smell of the masala vanishes. **9)** Add kurli and enough water till kurli are soaked in it and cook for 15-20 minutes. Add required amount of water to maintain consistency of the gravy. **10)** Cook for another 15-20 minutes. **11)** Garnish with coriander.

Kurli, maasachya hoon pun sawad bolal tumhi! Banan bagha te.

Mhawryacha Mokal

You must have heard about egg mokal or egg bhurji.
Have you heard about Bangda cha mokal? Yes, this is another dish made with the Bangda fish, which is the second most commonly eaten fish in Kadwai. Bangdya cha mokal is a dry dish and usually cherished with our own Kadwaichya Tandla chi (rice flour) roti .

The Ingredients :

- 3 pieces of fish *(Bangda).*
- 3 medium sized onions.
- 2 tomatoes.
- 2 green chillies.
- 4-5 curry patta.
- 2 tbsp red chilli Kokni masala.

(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes).

- ¼ tbsp dhania *(Coriander)* powder.
- ¼ tbsp jeera *(Cumin)* powder.
- ¼ tbsp haldi *(Turmeric)* powder.
- Some coriander.
- Salt to taste.

The Method :n

1) Clean the bangda fish & remove its head.

2) Take the fish in a pan and put one cup water, add little salt and boil it well.

3) When bangda is cooked well, remove its bones carefully.

4) Shred the bandga meat & keep aside.

5) In a kadai, put some oil and add curry patta, let it splutter.

6) Add onion and fry till they are lightly brown.

7) Add tomatoes along with all the masala and fry masala till it leaves oil.

8) Add shredded bangda . Mix well.

9) Cook for 10-15 minutes, stirring occasionally.

10) Garnish with coriander and serve with rotis.

Taarwaa walya la ata mhawrya che dabbe hanuka sangu nuko.
Tasach bante sawad sawad!

Kandyat Bhujlelo Suko Kolim

You can simply have many rotis with this dish alone. Typical Konkani dish, made for so many years in Kadwai. Kolim kaso hanlos go! A usual dialogue of our Kadwaikarinis. Kadwaikarinis usually buy fresh kolim from the market and store it for a year. When you are in no mood to make complex dishes at home, simply try the Kandyat Bhujlelo Suko Kolim with roti.

The Ingredients :

- 2 cups Kolim.
- 3 big onions chopped.
- 1 big tomato chopped.
- 2 tbsp red chilli Kokni masala.

(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)

- 2-3 pcs kokum or imli *(tamarind).*
- 4-5 curry patta.
- Salt to taste.

The Method :

1) Clean and wash kolim.

2) Keep it aside merged in water in a bowl.

3) In a kadai, heat oil and add curry patta. Let it splutter.

4) Add onions & fry them till they are soft.

5) Strain water from kolim and add to onion and let it fry for some time.

6) Add tomatoes and red chilli Kokni masala and fry for sometime.

7) Add kokum or imli, salt as per taste and let it cook on low flame.

8) If you see that kolim is too dry, sprinkle little water & let it cook for 10-15 minutes.

9) Garnish with coriander and serve with rotis.

Lonchya cho masalo zara so mix karun baga; don che char rotey khaal.

Karaita Khari Boti

Almost every Kadwaikarini loves to go to the 'Budhwar Bazar (Wednesday Market)' at Sangmeshwar to buy dried fish (Khati or Daghol). This is one of the expensive dried fishes sold in Konkan region. Kadwaikarinis are expert in bargaining with the sellers for this dried fish.
It is then washed, wrapped in a lot of salt and kept hanging for a day or three until it dries. The fish then cut into pieces can be refrigerated and used for months. So, when they say "Khari Boti" – No wonder, tondala lagech paani sutte! Khari boti is cooked in a variety of ways. The most celebrated Kadwai dish is to combine this fish with Karaita (Karela or Bitter gourd) which when cooked alone is bitter in taste. So, relish this combo of two different tastes in one dish.

The Ingredients :

- ¼ kg karaita *(Bitter gourd/karela).*
- 5-6 pieces of khara mhavra *(Daghol).*
- 4-5 medium sized onions chopped.
- 4 tbsp oil.
- 2 green chillies slit.
- 1 heaped tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*

The Method :

1) Wash the khari boti and soak in water.

2) Slit and remove seeds from the karaita *(Karela / Bitter gourd)* and cut finely.

3) In a vessel, heat oil and add green chillies. Let it splutter.

4) Add onions and fry till they become golden brown.

5) Add karaita and mix well.

6) Cook for 10-15 minutes and then add the khara mhavra and red chilli Kokni masala and cook for 20-25 minutes stirring occasionally.

7) Serve hot with tandla chi *(Rice flour)* roti.

Karaita khanwka bhewn nuko ata; khari boti sawad badlun takte !

Mhavryachi Biryani

Fish Biryani

And you thought Biryani can only be cooked with just Chicken and Mutton! Well, our Kadwaikarinis cook awesome Fish Biryani. Yes, you read it right. Biryani – that too Fish! Our Kadwaikarinis make fish biryani tastier by adding their own homemade spices that take the taste to a new high. Go on cook it and taste the experience! You may add readily available in the market biryani masala if you so desire.

The Ingredients :

Masala

- 1½ to 2 kgs fish of your choice.
- 1½ to 2 cups barista *(Fried onions).*
- 4 tbsp dhaniya and zeera powder.
- 1 tbsp haldi.
- 1 tbsp red chilli powder.
- 2 tsp garam masala powder.
- 2 - 3 tbsp biryani masala.
- 3 large onions sliced.
- 3 tomatoes chopped.
- 4-5 tbsp green masala *(ginger, garlic, green chilli, and coriander paste, add few mint leaves also)*
- 1½ - 2 cup beaten curd.
- Whole garam masala *(Cinnamon, Cardamom, Black Pepper, Cloves, Chakri Phool or Star Anise).*
- Lots of chopped coriander.
- Some chopped mint leaves.
- Few curry leaves.
- Salt to taste.
- Oil for cooking.
- Some ghee.
- 4-5 potatoes cut into 3-4 pcs.

Fish

- 2 tsp haldi.
- 1 tsp black pepper powder.
- 2 - 3 lime juice.

Rice

- 1-1½ kg rice *(Basmati preferred).*
- Some garam masala.
- Pulav patti.
- Salt.
- 2 tbsp oil.

The Method :

Step 1: Fry the Fish.

1) Wash Fish nicely and add 2 tbsp salt & 1 tbsp vinegar. Keep aside for 25 to 30 minutes.

2) Wash the fish and add lime juice, haldi and black pepper powder.

3) Shallow fry the fish from all side. Do not overcook.

Step 2: Preparing the Masala

6) In a dekchi, heat oil & apply some salt to potatoes & roughly prick them & fry these till 80% done & then remove and keep aside.

7) In the same oil add whole garam masala, then add onions and add little salt.

8) Once onions are brown, add tomatoes and cook till they become pulpy.

9) Add curd *(Dahi)* and cook for 2-3 minutes.

10) Add haldi, dhaniya zeera, garam masala, red chilly masala, and biryani masala.

11) Cook for 5 minutes & add green masala and fry for some more time till oil separates.

12) Put little chopped coriander.

13) Add little water if you find it very dry. Cook this for 5 minutes.

14) Add the fried fish to the cooked masala and cook for 5 minutes.

Step 3: Preparing the Rice.

4) In a vessel, take enough water, add whole garam masala, pulav patti, salt and some oil.

5) Bring to boil and cook rice 80%.

6) After the rice is 80% cooked drain the water completely. Use a rice filter to remove the water from rice.

Step 4: Putting everything together on 'Dum'.

10) Take a vessel appropriate for biryani.

11) Put the fish masala you have prepared in step 2.

Tip: On the bottom of the vessel, keep some rotis if you have. This will avoid burning and sticking of the masala.

12) Add a layer of cooked rice over the layer of masala.

13) Add some barista and few potatoes.

14) Add the remaining cooked rice and barista.

15) Add potatoes chopped coriander, and chopped mint leaves on the top layer.

16) With the handle of a long spoon, make some holes from top layer to the bottom and add some ghee or butter in these holes.

Tip: Mix the desired food colours with milk and sprinkle on the rice when you cook the rice or you can directly sprinkle the colour mixture on the top layer of the biryani.

17) Cover with a tight lid & leave this on low flame or on a tawa for at least ½ hour.

18) When you get proper steam, switch off the gas.

Surmai maatar moti hawin han biryani banawka; tawanch maja yel khanwka.

Bhaji Tarkari (Veg Recipes)

Chanyachi Aamti

Though Kadwaikars are very fond of fish and meat, their everyday meals do have atleast one vegetarian dish. Unlike the common veggies available in cities, the typical veggies available in Kadwai are leafy vegetables. Kadwaikarinis prepare these dishes in a very simple way; yet delicious in its own way.

Aamti is the most common dish you will find in every Kadwaikar's house prepared most of the days. Different types of Aamti are prepared with different lentils. Chanya chi Aamti is prepared with chana dal in typical Kadwai style; by using simple home made ingredients.

The Ingredients :

- 250 grams chana dal *(Soaked for min. 1 hour).*
- 2 medium sized onions, sliced.
- 1 large tomato, chopped.
- 2 tbsp green masala. *(ginger, garlic, green chilli, and coriander paste).*
- 2 tbsp red chilly Kokni masala. *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 2 tbsp dry roasted coconut. *(Refer the Masalo section to see how Kadwaikarinis prepare the dry roasted coconut and store for a long time.)*
- 2 tsp haldi *(Turmeric powder).*
- Salt to taste.
- Chopped coriander.
- Oil for cooking.

The Method :

1) In a vessel, heat oil and fry onions till light golden brown.

2) Add haldi, green masala, red chilli Kokni masala and tomatoes. Fry till the oil separates.

3) Add the soaked chana dal & mix well.

4) Add required amount of water.

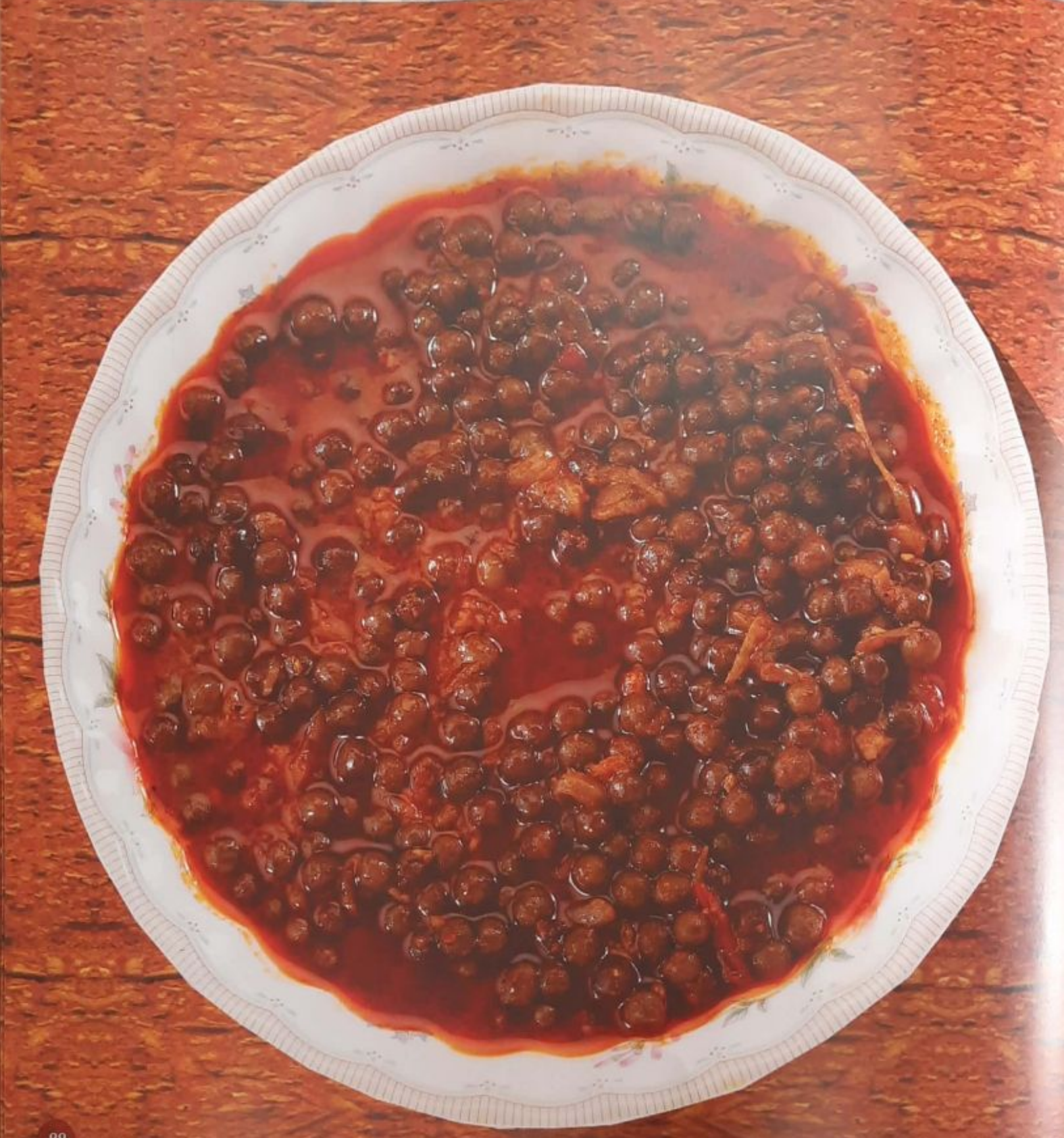
5) Cook till the chana dal is cooked properly.

Tip: You can also use a pressure cooker rather than any vessel. Pressure cook until 2 whistles. Once the pressure is settled open the lid and follow the below steps.

6) Add the dry coconut mix and salt. Add water if required and cook on simmer until the smell of coconut settles.

7) Garnish with chopped coriander.

Taaka chi curry banawka isru nuko, lai sawad lagtey hyachya sobat!



Kalya Watanyachi Usal

This is another famous vegetarian dish of Kadwai; usually cooked to accompany spicy dal and fish or sukho kolim (remember papda cha dusrya disacha jewan!). Is also cooked to accompany mutton/chicken gravy. This is one of the trademark dishes cooked in a Kadwai gaanw jewan.

The Ingredients :

- 100 gram watane *(Black or green)* soaked overnight
- 1 onion, chopped.
- 1 tomato, chopped.
- 1 tbsp red chilli Kokni masala. *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 2 tbsp roasted onion and coconut mix. *(Refer the Masalo section to see the recipe for the roasted onion and coconut mix Kadwaikarinis store for a year and use in their dishes).*
- 1 tsp haldi *(Turmer powder).*
- ½ tsp badishep *(Refer the Masalo section to see the recipe for the badeshape Kadwaikarinis store for a year and use in their dishes.)*
- ½ tsp garam masala powder.
- Salt to taste.
- Oil for cooking.

The Method :

1) Take a pressure cooker and add enough water and pressure cook watane upto 4-5 whistles or till watane are 80% cooked, and keep aside.

2) Meanwhile in a vessel, heat oil and fry onions till light golden brown.

3) Add tomatoes and stir till pulpy.

4) Add red chilli Kokni masala, haldi, salt, garam masala powder, badishep & fry well.

5) Add some water if required.

6) Remove watane from the pressure cooker and add in the masala.

7) Add roasted onion and coconut mix and stir well.

8) Adjust the amount of water.

9) Add chopped coriander.

10) Cover and cook for 15-20 minutes on low flame.

Nawin papar ghalal tanwa tikat daal ani usal banawa, maja baga kiti yel ti !

Chawlichi Aamti

Chawli (black eyed peas) chi aamti is one of the favourite vegetarian dish in Kadwai. Kadwaikarinis will surely make this aamti more than once in a week as it is mostly everyone's favourite.

The Ingredients :

- 250 gram chawli *(Soaked for 1 hour atleast)*
- 1 large onion, sliced.
- 1 large tomato, chopped.
- 2 tbsp red chilli Kokni masala *(Refer the Masala section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 2 tbsp dry roasted onion and coconut mix *(Refer the Masala section to see the recipe for the roasted onion and coconut mix Kadwaikarinis store for a year and use in their dishes.)*
- 1 tsp haldi *(Turmeric powder).*
- Salt to taste.
- Chopped coriander.
- Oil for cooking.

The Method :

1) Take a pressure cooker and add enough water and pressure cook chawli upto 4-5 whistels or till chawli is 80% cooked and keep aside.

2) In a vessel, heat oil and fry sliced onions till light golden.

3) Add red chilli Kokni masala, haldi, and tomato and mix well and keep stirring.

4) Add some water only if required and then add salt.

5) When oil starts separating and you feel the masala is cooked, add the cooked chawli and mix well.

6) Add the coconut and onion mix and cook till the smell of masala settles.

7) Garnish with chopped coriander.

Hata warchi tandla chi roti bhuza sobat ani TV bagat bagat kha.

Varnyachi (Pavta) Aamti

Aamtis are the favourite dishes of Kadwaikars and there are different types of aamtis made in Kadwai since ages. Varnya chi aamti (Lima beans) is usually accompanied with dal rice or curries.

The Ingredients :

- ¼ th kg pavta soaked for 1 hour.
- 1 whole onion slit in 4 parts and roasted on direct flame.
- ¼ th piece of dried coconut roasted on direct flame.
- 2 medium size onions, sliced.
- 1 pinch garam masala powder.
- 2 tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- Salt to taste.
- Oil for cooking.

The Method :

1) Grind the roasted coconut and onion together.
2) In a vessel, heat oil and fry sliced onions till light golden brown.
3) Add the soaked pavta dal and red chilli Kokni masala.
4) Add little water at a time.
5) Once the dal is 80% cooked add salt, grounded paste and garam masala powder.
6) Cook till the dal is done.
7) Garnish with coriander.
8) Serve with tandla chi *(Rice flour)* roti.

Tandla chi roti bhuza naitey taaka chi curry sobat kha.

Chawlichi Bhaji

Kadwaikarinis prepare different types of leafy vegetables which are very rich in nutrients. Chawli chi bhaji is also a strong contender in the list of such leafy vegetables.

The Ingredients :

- 1 bunch Chawli bhaji *(Vegetable).*
- ½ cup chawli *(Black eyed peas)*
- 1 big onion sliced.
- 2 cloves of garlic crushed.
- 2 green chillies, slit.
- 2 tbsp tilkut. *(Refer the Masalo section to see the recipe for Tilkut that Kadwaikarinis store for a long time).*
- Salt to taste.
- 1 tbsp oil.

The Method :

1) Wash the chawli *(Black eyed peas)* and pressure cook till 3-4 whistles.

2) Clean the chawli bhaji *(Vegetable)* well and cut finely.

3) Wash the bhaji and keep aside.

4) In a vessel heat oil. Add garlic and green chillies. Let it splutter.

5) Add onions and fry till they are soft.

6) Add chawli bhaji and cook on low flame for about 15-20 minutes.

7) Add tilkut and chawli *(Black eyed peas)* and mix well.

8) Sprinkle little water and mix well. Cook for another 10 minutes.

Chawlichi bhaji ashich sawad lagte. Don judey hana han!

Teryachi Bhaji

Tera (Colocasia leaves) is one of the trademark vegetarian dishes in Kadwai. Tera is not available throughout the year though. But when it grows, our Kadwaikarinis make sure they make Tera bhaji at least once a week.

The Ingredients :

• 20-30 Tera leaves with stems • One small bowl of pavte *(Soaked overnight)* • 8-9 atlo *(Seeds of jackfruit; optional)* • 1 tsp jeera • 7-8 cloves of garlic crushed • 4-5 kokums • For masala: *a) 7-8 red dry chillies. b) 2 tbsp dhania. c) 2 tsp jeera. d) 1 tsp kali miri (black pepper. e) 2 lawang. f) 1 inch piece dalchini. g) ½ dry coconut. h) 10-12 cloves of garlic.*

• Salt to taste.

The Method :

1) Roast the coconut on gas. Cut into thin slices.

2) Dry roast all the masala ingredients and add jeera at the last.

3) Grind all the roasted masala ingredients.

4) Add roasted coconut and garlic to the ground mixture and grind again.

5) Cook pavte soaked overnight in pressure cooker with one whistle.

6) Wash the atlo and boil them; remove the outer skin after they are boiled.

7) Cut the Tera finely chopped.

a) This is a bit complex process and takes time. Cut the stems of all leaves and keep aside.

b) Roll 2-3 leaves together and cut the together to make the process faster.

c) Similarly take a bunch of stems together and cut them.

8) Wash the Tera leaves and stems nicely.

9) Cook the leaves and stem in pressure cooker with 2 whistles.

10) In a vessel, heat some oil and all the ground masala. Fry till the masala leaves oil.

11) Now add pavte, atlo and kokum and cook for nearly half an hour.

12) Add salt to taste.

13) For the Tadka :

a) Take a small vessel or tadka pan, heat some oil, add jeera. Let it splutter.

b) Add crushed garlic.

c) Quickly pour this tadka over the Tera and cover the lid.

d) Cook for 15-20 minutes; add water if required.

Tandla chi roti Terya sobat, wah re wah!

Wapi Bhaji

"Aaz kulwadin aili hoti wapi bhaji ghen; mop dishin milli nai wapi bhaji."
A usual dialogue of our Kadwaikarinis. Wapi bhaji is a kind of seasonal veggy available in the Konkan region. In Kadwai, you might get it easily, but in cities it is difficult to find one. Cooked with simple ingredients and an easy process; let's have a look at the recipe.

The Ingredients :

- 1 bunch wapi bhaji.
- 2 green chillies, slit.
- 4-5 cloves of garlic.
- 2 tbsp oil.
- 2 medium sized onions, sliced.
- ½ tsp salt.

The Method :

1) Cut the wapi bhaji, fine or thick as required, wash it nicely and keep aside.

2) In a vessel, heat oil and fry onions.

3) Saute for at least 5 minutes.

4) Add garlic and green chillies.

5) Add wapi bhaji. Mix well.

6) Add salt and cover. Sprinkle little water if required.

7) Cook for 4-5 minutes.

Kalanvka, Kaaricha naitey kanwtacha kara sobat, ani jewa agdi pot bhar!

Shenglachi Bhaji

Drumsticks leaves vegetable

Kadwai is a land of farmers too. Apart from the crops grown on its beautiful fields; some Kadwaikarinis are also fond of growing several vegetables in the backyard of their houses. You will easily find plants of brinjals, tomatoes, green chillies, and many more in most of the houses. Shengul is the drumsticks tree with lots of leaves. We know that drumsticks are used to prepare a lot of dishes; but did you know the leaves of this tree can also be used to prepare nice and healty veggy dish! Let's see how Kadwaiakarinis prepare Shengla chi bhaji.

The Ingredients :

- 15-20 stems Shengla chi bhaji.
- 3 medium sized onions, sliced.
- 5 whole red chillies.
- 3 tbsp grated coconut.
- 3 tbsp oil.
- Salt to taste.

The Method :

1) Clean the bhaji. Wash and boil it.

2) Once cooked drain the water by pressing with hands.

3) In a vessel, heat oil and add pieces of red chillies and sliced onion. Let it fry till the onion is soft.

4) Add boiled and drained bhaji.

5) Add salt.

6) Cook for 15-20 minutes stirring occasionally.

7) Add grated coconut and mix well.

Kadwai mada mop shengul hait; kon na kon del tumla bhaji!

Katli

Katli is a vegetarian delight which is a combination of Varnyachi daal and Chawli chi bhaji. Relished with Tandla chi (rice flour) roti it makes lunch a great taste experience.

The Ingredients :

- 1 cup Warnyachi dal.
- 1 cup Chavli chi barik bhaji.
- 1 onion medium, chopped.
- 1 tsp jeera.
- 3 cloves garlic.
- ½ tomato.
- 2 tbsp khutlelo masalo:
  - 7-8 red chillies.
  - 1 tsp jeera.
  - 2 tsp dhania.
  - 1 clove.
  - 1 inch cinnamon.
  - 1 tsp pepper.
  - ¼ bhuzlela khobra.
  - 1 pod garlic.

The Method :

1) Roast the ingredients of kutlelo masalo and dry grind all the ingredients coarsely not very fine.

2) Soak warnyachi dal in water for half an hour.

3) Wash bhaji and keep aside to drain water. You can also cut the bhaji or leave as is.

4) In a vessel, heat oil and add crushed garlic and jeera. Let it splutter.

5) Add onions and fry till soft.

6) Add the bhuzlelo masalo as per the specified quantity and stir for some time.

7) Add the Warnyanchi dal and 2 cups of water and cook till done.

8) Add the bhaji simmer and cook for 5-10 minutes.

Tandla chi hata warchi roti banawa, lai sawad lagtey Katli sobat.

Dambyachi Daal
(Ukri)

Dambe (Drumsticks) are another seasonal veggies in the list. When Kadwaikarinis know they have grown; they will not miss grabbing them and making a few traditional dishes with drumsticks. Dambyachi daal is the most common dish in made from drumsticks by the delighted Kadwaikarinis.

The Ingredients :

- 2 cups Toor daal *(Soaked for 1 hour).*
- 250 (4-5) grams drumsticks.
- 1 tomato, chopped.
- 2 green chillies, slit.
- 1 large onion, sliced.
- 1 tsp haldi *(Turmeric)* powder.
- 1 tbsp oil.
- For bagaar or tadka :
  - 1 tsp rai.
  - 2 tsp zeera.
  - Few curry leaves.
  - Some chopped coriander.
  - Some chopped garlic.
  - Oil or ghee for cooking.
- Salt to taste

The Ingredients :

1) Cut the dambe *(Cut each stick in 3-4 pieces).* **2)** Peel the outer skin from each piece and then wash the dambe and keep in water. **3)** Wash the daal nicely. **4)** In a pressure cooker, take enough water, add daal, onions, tomatoes, haldi, salt and green chillies. **5)** Add 1 tbsp oil. **6)** Pressure cook with 4-5 whistles till the daal is 70% cooked. **7)** Let the steam go away from the pressure cooker and remove its lid carefully. **8)** Add the drumsticks and cook till they are tender. **9)** For bagaar or tadka : **a)** In a small vessel or tadka pan, heat some oil or ghee or both. **b)** Add rai and let it splutter. **c)** Add jeera, curry leaves and chopped garlic. **d)** When garlic turns brown add this tadka over the cooked daal and cover with lid immediately. Cook for 2-3 minutes. **10)** Garnish with coriander.

Dambey mop taka tawanch sawad yel daali la!

Dambyachi Daal
(Tikat)

You can prepare a lot of different dishes with Dambe (drumsticks), which are seasonal. When Kadwaikarinis know they have grown; they will not miss grabbing them and making a few traditional dishes with drumsticks. Dambya chi tikat daal is the most common dish in which drumsticks are used by Kadwaikarinis.

The Ingredients :

• 2 cups toor daal *(Soaked for 1 hour)* • 1 cup masoor daal *(Soaked for 1 hour)* • 250 grams drumsticks • 2 medium sized onion, chopped • 2 medium sized tomatoes, chopped • 1 tsp haldi • 2 - 3 tbsp red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)* • 2 tbsp wantlela khobra ani kando *(Refer the Masalo section to see the recipe for the wantlela khobra ani kando Kadwaikarinis store for a year and use in their dishes.)* • 1 tbsp green masala *(Some ginger, garlic, green chilli and corriander paste)* • Few curry leaves • 10 cloves of garlic chopped • 2 tsp jeera • 1 tsp rai • Oil for cooking • Salt to taste • Chopped coriander for garnishing.

The Method :

1) Boil daal with 1 chopped onion, chopped tomatoes, haldi above tsp oil. **2)** Add drumsticks when daal is ¾ th cooked. **3)** When drumsticks are ¾ th cooked switch gas off. **4)** In another vessel heat oil & add jeera, rai, curry leaves & garlic. Let it splutter. **5)** After garlic turns brown add remaining chopped onions & fry till light golden brown. **6)** Add red chilly Kokni masala & mix immediately. **7)** Add green masala & mix well. Cook for 3-4 minutes. **8)** Add wantlela khobra, kando & salt. Stir as you fry for another 5 minutesor else it will stick to the bottom. **9)** Pour the cooked daal & drumsticks. Mix well gently lest the drum sticks break. **10)** Bring to boil and add chopped coriander.

Imagine lal miricho masalo giving the dal an unique flavour!

Dambyachi Bhaji

Apart from putting the dambe (drumsticks) in different dishes; they are also used as a primary ingredient. Dambya chi bhaji is a simple veggie Kadwaikarinis prepare to accompany with their lunch.

The Ingredients :

- 4-5 Dambe *(Drumsticks).*
- 2 large onions, sliced.
- 2 brinjals.
- 2 green chillies, slit.
- 1-1 ½ tbsp tilkut *(Refer the Masalo section to see the recipe for Tilkuth that Kadwaikarinis store for a long time.)*
- Salt to taste.

The Method :

1) In a vessel, heat oil and fry onions till they get little soft and brown.

2) Add brinjal, dambey, green chillies and tilkuth.

3) Add little water and let everything cook well together.

Dambey kami asle ma wainga pan taka sobat!

Shirailyachi Bhaji

Ridge Gourd

Kadwaikarinis always prefer gawti (rural grown) bhajis over the ones available in cities. They will surely look for some 'kulwadin' (lady selling gawti vegetables). Shiraila is one such vegetable which is available during specific times of the year; and Kadwaikarinis ensure they cook it that time. When you buy Shiraili, make sure they are not very dry.

Note: Before cooking the Shiraila, taste a small piece, when cutting, to ensure that the Shiraila is not bitter in taste.

The Ingredients :

- 1 kg Shiraila *(Turai)* peeled and chopped.
- 2 green chillies, slit.
- 2 tbsp tilkuth *(Refer the Masalo section to see the recipe for Tilkuth that Kadwaikarinis store for a long time).*
- 2 medium sized onions, sliced.
- 1 tsp haldi *(Turmeric powder).*
- Salt to taste.
- 1 tbsp oil.

The Method :

1) In a vessel, fry sliced onions till they soften.

2) Add salt, haldi, green chillies and mix well. Saute for 2 minutes.

3) Add chopped Shiraila and mix well.

4) Add 1/4 th cup water, cover with lid and cook for about 10 minutes.

5) Add tilkut and mix well.

6) Cover and cook for 10 minutes.

7) If there is much water, remove the lid and cook on high flame.

Taak, otal, fish fry, ani Shirailya chi bhaji! AAHA! Poat full!

Bhoplyachi Bhaji

Bottle Gourd

Bhopla (Bottle gourd) chi bhaji is a rare veggie cooked at any house. Otherwise, it is most commonly used in some daal or sambar or any other such dish. Rich in nutrients and easy to prepare; let's have a look at the Kadwai version of this bhaji.

Note: Bottle gourd or dudhi should not be very dry.

The Ingredients :

- 1 kg bottle gourd peeled & chopped.
- 2 green chillies, slit.
- 1 tbsp tilkuth *(Refer the Masalo section to see the recipe for Tilkuth that Kadwaikarinis store for a long time).*
- 2 medium sized onions, sliced.
- 1 tsp haldi *(Turmeric powder).*
- Salt to taste.
- 1 tbsp oil.

The Method :

1) In a vessel, heat some oil and fry sliced onions till they are golden brown.

2) Add salt, haldi and green chillies. Saute for about 2-3 minutes.

3) Add chopped bottle gourd and mix well.

4) Add ½ to 1 cup water and cook for 10 minutes.

5) Add tilkut and cover the lid.

6) Cook for 10 minutes stirring occasionally.

7) If there is much water, remove the lid and cook on high flame.

Tandla chya roti sobat masst lagtey!

Tandlachi Shaan (Rice Varieties)

Kichri

(Rice, Moong & Masur Daal)

Kadwai is the land of farmers. A lot of Kadwaikars have their own fields on which rice is grown as a major crop. Most of the Kadwaikars prefer eating rice obtained from the fields.

In the village, most Kadwaikarinis store this rice for almost a year. They do not use the Kolam (rice) available in the shops. However, those who have migrated to city have the habit of using the rice from the market.

Another common vegetarian dish you will find a Kadwaikarini cooking is "Kichri". Earlier days, our women used to relish it with 'Kandyacho Polo (Onion Omlet)'. You find it rare these days. Most of the people relish the Khichdi wth fish gravy and fried fish. Since many years, Kadwai has its famous 'Mangalwar Bazar' (Tuesday market) and on this day if you enter any house during lunch time, you will surely find a common meal - Rice or Kichri with Mhavrya chi Otal and fried fish. Prepared with very simple ingredients and not to miss, very "Healthy"!

The Ingredients :

- 2 cups rice.
- ½ cup Moong *(Split green gram)* daal.
- ½ cup Masoor *(Split red lentil)* daal.
- 4-5 black peppers.
- 2-3 Lawang *(Clove)*.
- 1 Dalchini *(Cinnamom)*.
- 1-2 Pulao patti.
- 1 big onion, sliced.
- 2 to 3 cloves of garlic.
- 2 green chillies slit *(Optional)*
- 2 tsp jeera *(Cumin)*.
- Salt to taste.

The Method :

1) Wash the rice & daals together & keep them soaked in water for some time.

2) In a vessel heat ghee and add jeera. Let it splutter.

3) Add the whole garam masala.

4) Add green chillies and fry onions till they are soft.

5) Add haldi and salt. Mix well.

6) Remove the water from the rice & daal and mix well. Add water as required for the khichdi to cook nicely.

7) Cover the lid and keep on checking and stirring in between.

Kandya cho polo zarur banawa; mhawra nasal tey!

Chhakkar Pulav

Sweet Rice

Chhakkar Pulav is a kind of sweet dish in Kadwai, usually prepared in large quantity at weddings. A common dialogue of our Kadwaikarinis, "Ago kiti pailya cho chhakkar pulav dhartais nhawrya ghara?" During weddings, usually chhakkar pulav is sent on the "Chaipaan" day from the bride's house to the groom's house where all the men from the village gather for chaipaan. So many stories associated with so many dishes! And mind it; not everyone is expert in making this dish in a large quantity. But you can always try a small one at home. Let's explore the recipe.

The Ingredients :

• 1 paili *(3 kgs, 3 sher, or 12 tipri)* rice *(perfectly thin kolam)* • 7 fresh coconuts • 3 wati dry coconut *(Sukha khobra)* • 2.5 kg jaggery *(Gor)* • 5-6 onions • ¼ kg ghee • ½ kg oil • 8-10 dalchini • 10-12 elaichi.

Ingredients for lesser quantity :

• 1 sher rice *(4 tipri)* perfectly thin kolam • 2 fresh coconuts • ½ wati dry coconut *(Sukha khobra)* • 2-3 onions • 600 gram jaggery *(Gor)* • 3 tbsp ghee • 5 tbsp oil • 3-4 dalchini • 4-5 elaichi.

The Method :

1) Grate the jaggery and keep aside.

2) Extract milk from fresh coconuts and keep aside.

3) Extract milk from dry coconuts & keep aside.

4) Wash rice 3-4 times and keep aside.

5) In a vessel, heat ghee and oil and add dalchini and elaichi.

Note: For 1 paili chhakkar pulav, take 3 paili dechka (vessel).

6) Add onions and cook till transparent.

7) Add 3 glasses of water and add grated jaggery to it.

8) Cook till the jaggery melts completely.

9) Add coconut milk taken from fresh and dry coconut.

10) Add the rice. Mix well.

11) Cover the lid and cook on dum. Check and stir occasionally.

12) Serve hot when cooked.

Mop so nuko adi zara so banan try kara!

Naya Tandlachi Kheer

A very old tradition; most Kadwaikarinis still follow. Kadwai is the land of farmers and rice is the main crop being grown here. The new rice from the fields is available by the month of October; this is when our Kadwaikarinis make kheer with these new Tandul (rice) to welcome the incoming of the rice straight from their own fields. Most of the houses use this rice throughout the year.

The Ingredients :

- ¼ kg rice, washed.
- 3 to 4 cups water.
- ¼ kg jaggery *(Gor)*.
- 3 (1") pcs dalchini.
- 7 elaichis *(Cardamom)*.
- 1 or 2 pulav patti.
- 2 coconuts.
- A pinch of salt.

The Method :

1) Extract milk from the coconuts. Keep the first thick milk separate.

2) Add some water to the coconut grate and take out second round thin milk and keep it separate.

3) Take a big vessel approx 1.5 kg or 2 kg capacity.

4) Add rice in it and add the thin coconut milk and water approximately 3 to 4 cups. Add more water if required.

5) Add dalchini, elaichi & pulav patti.

6) Cook till rice becomes very soft. Stir occasionally.

7) Once the rice is cooked well add jaggery and cook well till the smell of jaggery is gone.

8) Keep stirring in small intervals. Then add the thick coconut milk and cook for some more time.

9) Remove from the flame and serve hot or put in refrigerator and serve cold.

Nawin tandul nasle tey zuney wapra, pun banawa nakki!

Mausami (Seasonal Recipes)

Tawshyache Ghaarey

A year has three seasons mainly and every season brings some special things with it. Come summer (March-May); and you will find a lot of seasonal fruits such as jackfruit and cashews in Konkan.

Konkani women start making some special dishes with such seasonal ingredients.

Let's explore what do our Kadwaikarinis prepare with seasonal item;

Small Cucumbers are available throughout the year; however larger ones are only available during some time in a year (Usually August-October). Kadwaikarinis prepare special snacks with the large Tawsa (Cucumber). A few favourite and trademark dishes are Patwale, Ghaarey and Tayi cha.

The Ingredients :

- 1 medium size Cucumber *(Tawsa).*
- 1 cup Coconut khawan *(Grated).*
- 1 ½ tipri tandla cha peet *(Rice flour).*
- 1 tipri gawacha peeth *(Wheat flour).*
- 400 gram gor *(Jaggery).*
- One pinch salt.

The Method :

1) Peal and wash tawsa and grate it on a grater and remove excess water from it and keep it aside.

2) Wash hands and cut goad in small pcs and add it to tawsa and mix witnhands till goad melts well.

3) Now add both the flours to the mixture with coconut khawan and mix well. Make sure that the batter is neither too loose nor too thick. If it is loose, then you can add little rice/wheat flour or if thick then add little water.

4) Take a shallow pan, and heat some oil in it.

5) Take a spoon & take the ready batter in it & slowly pour in the oil to fry the ghaaris.

6) Let it cook from one side, then turn it around and let it cook from the other side as well.

7) When fried well, keep it in strainer and serve hot.

Tip: If you like soft gharai, add more wheat flour and if you like crispy ghaari, then add more of rice flour.

Tawsa mota milla tey nakari khawan fridge la thawa ani next time parat ghare banawa!

Tayicha

Cucumber dessert

Yet another dish made with the seasonal large Tawsa (Cucumber). Tayi cha is a sweet dish treated as desert and is made from some simple ingredients but takes a long time to cook. A lot of people like to eat the 'karap' (slightly burnt material stuck to the bottom of the vessel) yet tastes awesome !

The Ingredients :

- 1 medium sized Tawsa *(Cucumber).*
- 250 gram rawa.
- 250 gram gor *(Jaggery).*
- 1 cup ghee.
- 1 Fresh coconut khawan.
- ½ tsp salt.
- 2 pcs elaichi.
- 1 big pc dalchini.

The Method :

1) Peel and wash Tawsa and grate it on a grater or grind in mixer-grinder and keep it aside.

2) In a pan, fry rava till it is little brown and keep it aside.

3) In a vessel, heat ghee and add cucumber khawan with its own water.

4) Add gor, elaichi, dalchini, and coconut khawan and cook for 10-15 minutes till it boils well.

5) Add roasted rawa and salt. Mix well. Ensure that lumps are not formed.

6) Cover the vessel with lid for 10 minutes on low flame.

7) After 10 minutes, again stir the mixture well this time. Post mixing, press mixture with flat spoon evenly in the vessel.

8) Keep it on low flame for another 10 minutes.

9) Do not stir it again. After 10 minutes remove from gas and cut into pieces and serve when cold.

Don't forget to taste the 'karap', haan!

Aaz khapla nai tey fridge mada thawa ani sakal bhapawa (steam)!

Patawle

Cucumber sweet steamed in turmeric leaves

And you thought turmeric leaves are of no use? Ah! Our Kadwaikarinis need them the most when the big sized Cucumbers start coming in. This snack named Patawle is incomplete without the aroma of Turmeric leaves (Haldi cha paan).
No oil used ! Yes, you read it correctly, no oil used yet delicious and healthy. Try this recipe and we are sure you will go hunting for a large sized Cucumber and unlimited turmeric leaves.

The Ingredients :

• Rice flour - Should be added according to thickness of the paste.* • 1 large sized Cucumber *(Small ones can also be used)* - Approximately 4 cups of Cucumber khawan. • 1 grated coconut. • Approximately 750 grams *(3/4 kg)* gor *(Jaggery)*. Take according to the size of the Cucumber and your taste. • Salt to taste. • Turmeric leaves.

The Ingredients :

1) Wash & wipe the turmeric leaves and keep aside. Cut to required size. **2)** Grate the Cucumber and strain all the water from it. Keep in a strainer for some time to drain away all the moisture. **3)** Add grated jaggery to it and a pinch of salt. **4)** Taste to check if you want it sweeter. **5)** Add the grated coconut. **6)** Add the rice flour slowly & mix gradually to form a thick paste *(should not drip when held)*. **7)** Lay the leaf flat on the inner side. Drop spoonful of the paste and spread evenly on half of the leaf. Fold the leaf to cover the paste completely. **8)** Heat the steamer. Place a glass upside down in the middle of the steamer. Place the leaves vertically with the support of the glass & edges. **9)** Steam for at least half an hour or more depending on the number of patawle put in the steamer.

**For better results use bhaath grown locally in kadwai. The rice flour used for this recipe is from unwashed bhaat.*

One of the most ancient and delicious recipes that tastes very different due to the aroma of the turmeric leaves. You can also re-use the leaves in case they are not available in the desired quantity.

Chicko

Sweet dish made from Colostrum milk

Chicko (Khawrus) is a Kadwai sweet dish made from Chiko (colostrum milk; the milk from a cow or buffalo that has just delivered).
Again, a seasonal recipe because it is available only when a cow or buffalo delivers.
Kadwaikarinis do not forget to ask the milkman, "chiko milel kai? Aslo te sanga han!"
Generally a second day-fourth day milk is preferred to prepare Chicko khawrus.

The Ingredients :

- ½ litre chicko.
- ½ litre normal milk.
- 300 gram gor *(Jaggery)*.
- 3 pcs elaichi *(Cardamom)*.
- 2 small pcs dalchini *(Cinnamom)*.
- 2 eggs well beaten.
- 1-2 haldi *(Turmeric)* leaves.
- Pinch of salt.

The Method :

1) Mix chicko with normal milk.

2) Add gor, elaichi, dalchini, haldi leaf, beaten egg and pinch of salt.

3) Mix all ingredients well and bring it to boil. Do keep stirring the mixture in between.

4) When mixture is cooked well and dries up a little, serve it. It's ready to eat.

Kunachi mhais iyali ki chiko thawnka sangooka isru nuko 'O'!

Bhoplyacho Khawrus

Sweet dish made Dudhi

The usual khawrus is made from Chiko (Colostrum milk; the milk from a cow or buffalo that has just delivered). However, Kadwaikarinis also make Bhoplya cho khawrus – made from Bhoplo (Dudhi); simple ingredients and sweet in taste; Ideally enjoyed, as a dessert, post a meal.

The Ingredients :

- 1 kg Bhoplo *(Dudhi).*
- 3-4 tbsp ghee.
- 10 tsp sugar.
- ½ litre milk.
- 1 tsp elaichi powder.
- Two (1") pieces of cinnamon.
- 2 eggs.
- A pinch of salt.

The Method :

1) Peel, wash, and cut the Dudhi into fine square pieces.

2) Heat ghee in a vessel, .

3) Add the Dudhi into it and cook on a very low flame for some time.

4) Add the milk and cook on medium flame for approximately 10 minutes.

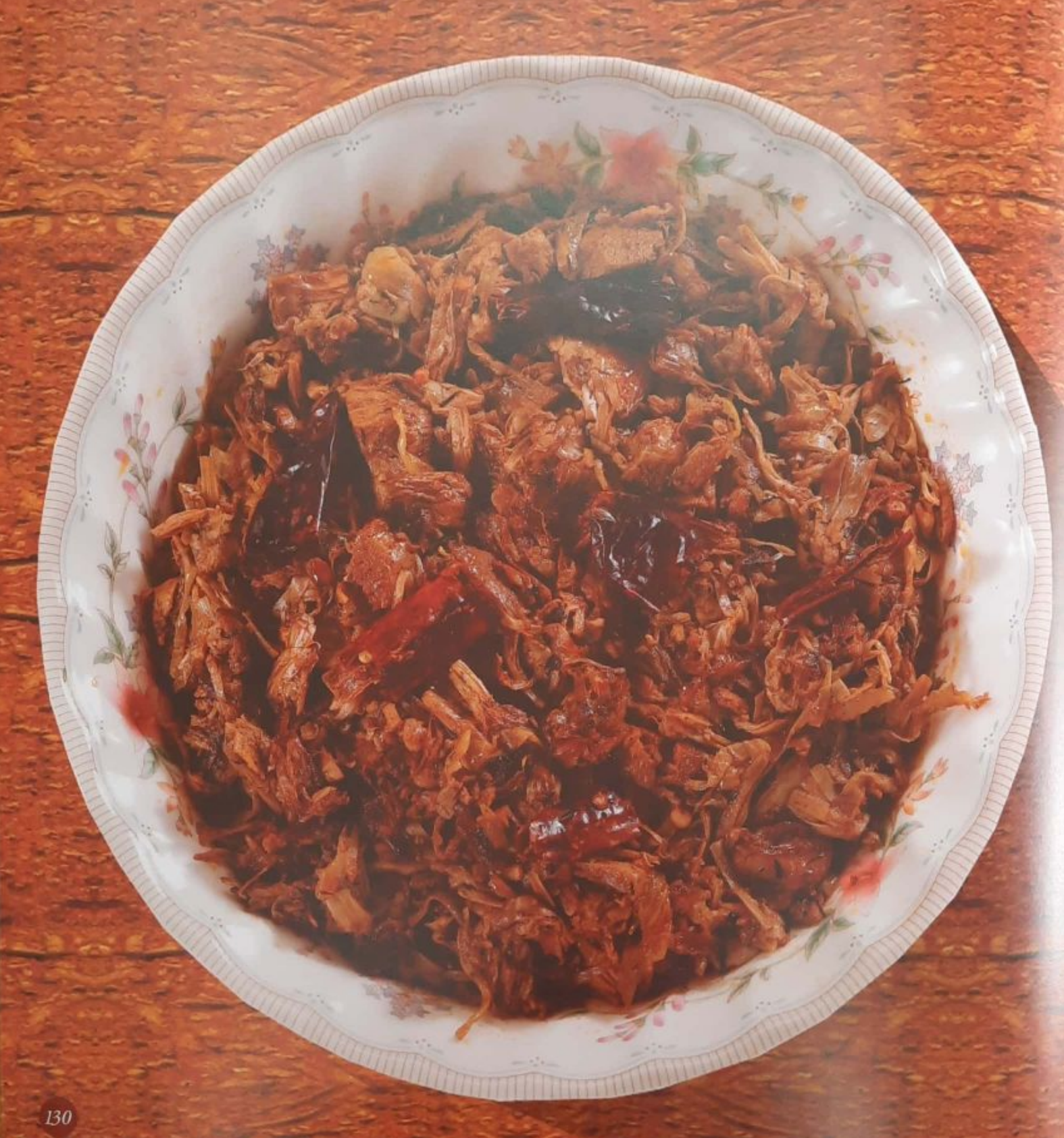
5) Add sugar, elaichi powder and cinnamon into it.

6) Wait till the mixture is very well cooked.

7) Beat the eggs separately and pour in the mixture stirring slowly.

8) Let it cook for some more time.

Kadwaikar roti pan khatat han hya khawrusa sobat!



Fansachi Bhaji

Raw Jackfruit vegetable

Fanas (Jackfruit) is available during April – June in the Konkan region. However, Fansachi bhaji is made from raw jackfruits or usually baby jackfruits and these are available at the year end. This is a very famous dish relished with Tandla chi (rice flour) roti .

Note: Remember to apply some oil on your hands and the knife while cutting the jackfruit as it is very sticky.

The Ingredients :

- 2 to 3 small and raw jack-fruits.
- 3 onions sliced.
- 3-4 green chillies slit.
- 1 tsp haldi *(Turmeric powder).*
- 2 tbsp tilkut *(Refer the Masalo section to see the recipe for Tilkut that Kadwaikarinis store for a long time.)*
- Salt to taste.
- 3- 4 tbsp oil.

The Method :

1) Cut the Jackfruits in medium size square or rectangular pieces.

2) In a big steel vessel boil water and add these pieces, cover and cook till you feel it will leave the skin easily.

3) Once Jackfruit pieces become soft and cooked then drain the water.

4) After it has cooled down remove the skin and the middle stem.

5) Shred the remaining part.

6) Heat oil in a vessel, add green chillies.

7) Add onions and fry till light golden.

8) Add salt, haldi and tilkut.

9) Mix and add the shredded jack-fruit.

10) Sprinkle some water. Cover and cook on a low flame. Serve hot.

Tip: A lot of people mix all the ingredients together, heat oil and put everything at once in the vessel.

Tandla chi roti banawa sobat; dole band karun 6-7 roti khaluch!

Ukar Garey

Jackfruit seeds vegetable dish

A famous Kadwai recipe made with raw Fanas (Jackfruit). Usually available during winter (December – March) when the Jackfruit is not completely ripe to be eaten as a fruit. A simple recipe yet delicious to eat with Tandla chi (rice flour) roti .

The Ingredients :

- ½ kg raw garey *(Jackfruit).*
- 4 onions, sliced.
- 3 tbsp oil.
- 2 tsp jeera *(Cumin)* powder.
- 2 tsp dhana *(Coriander)* powder.
- 2 tsp garam masala powder.
- 2 tbsp red chilli Kokni masalo *(Refer the Masalo section to see the recipe for the red chilli masalo Kadwaikarinis store for a year and use in their dishes.)*
- 1 tbsp sukha khobra.
- Salt to taste.

The Method :

1) Remove seeds from the raw garey and wash the garey nicely.

2) In a vessel heat oil and fry onions till light brown.

3) Add jeera powder, dhana powder, red chilli Kokni masala, sukha khobra powder, and garam masala powder. Saute for 5 minutes still the smell of khobra is gone.

4) Add garey, salt, a little water and mix well.

5) Cover the vessel, cook on low flame till garey become soft.

Season ailo ukar garya cho ki freezer la nhen thawa;
kanwa watel tanwa banan khanw shakal!

Kaju Bhaji

Cashew fruit vegetable

Kaju (Cashew fruit) is a seasonal fruit in Konkan and is available during January – April. Apart from several uses of the fruit; the seeds of cashew are used in preparing many dishes. During the start of season, cashew seeds are sold at very expensive rates. Kadwaikars relish Kaju bhaji and Kalanvka (gravy) very much apart from roasting dry seeds and eating the hot and fresh nuts.

Note: If you are cleaning the cashew seeds yourself, make sure to wear a plastic bag or gloves lest your palms become black due to the sticky fluid (cheek) on the seeds.

The Ingredients :

- 20 Kaju che oley beeon *(Cashew green seeds).*
- 2 big onions, sliced.
- 1 tomato, chopped.
- 1 tbsp ginger garlic paste.
- 1 tsp garam masala powder.
- 1 tbsp red chilli Kokni masalo *(Refer the Masalao section to see the recipe for the red chilli masalo Kadwaikarinis store for a year and use in their dishes.)*
- ½ tsp jeera powder.
- Some coriander.
- Salt as per taste.

The Method :

1) Clean the *Kaju che beeon* : Remove the hard, black skin and wash them well. Ready clean *beeon* are available in market. **2)** Add little salt to the *beeon*. Boil them and keep aside. **3)** Heat oil in a vessel and fry onions till golden brown. **4)** Add finely chopped tomatoes and cook till tomato is softened. **5)** Add ginger garlic paste, garam masala powder, red chilli Kokni masalo, jeera powder and sauté till masala leaves the oil. **6)** Add Kaju cheche *beeon* with it's water and cook for some time. **7)** When *Kaju che beeon* are well cooked in masala sprinkle coriander and serve with roti.

Tel bes sa taka mag bhaji hotey lai sawad; warti telachi tari disuka hanwi!

Kajucha Kalanvka

Cashew Gravy

Kaju (cashews) are included in Kadwai recipes in many different ways. You can make a simple dry veggie or gravy or even add them to a veg-pulav or to even a kavtancha kalanvka (egg gravy). Kaju cha kalanvka is a spicy red gravy made in Kadwai; usually in the season when fresh cashews are available. Kadwaiakarinis also store the kaju for a whole year in the freezer and relish its dishes when they want.

The Ingredients :

- 20 kajuche oley beeon *(Raw cashew nuts).*
- 2 onions sliced.
- 1 tomato chopped.
- 1 potato *(Optional).*
- 1 tsp ginger paste.
- 1 tsp garlic paste.
- 1 tsp garam masala powder.
- 1 tspn red chilli Kokni masalo *(Refer the Masalo section to see the recipe for the red chilli masalo Kadwaikarinis store for a year and use in their dishes.)*
- ½ tsp jeera.
- 2 cup coconut milk.
- Some coriander.
- Salt as per taste.

The Method :

1) Clean the cashew *beeon* : Remove the hard, black skin & wash them well. Ready clean *beeon* are available in market.

2) Add little salt to the *beeon*, boil them and keep them aside.

3) Heat oil in a vessel and fry onions till golden brown.

4) Add tomatoes and cook till tomatoes are softened.

5) Cut potato in four parts *(Or two if potato is small)* & add.

6) Add ginger garlic paste, garam masala powder, red chilli Kokni masalo, jeera & fry till masala leaves the oil.

7) Add kaju *beeon* with its water and mix well. Cook for 5 minutes,

8) Add coconut milk and cook for another 10-15 minutes.

9) Garnish with coriander.

Mansa mop asli te batato pan taka naitey sagle kaju khaptil O!

Gaanw Jewan

Typical Function Menu

Kadwai is a village where people celebrate a few occasions together – be it a wedding, housewarming, or an aqeeqa. People like to invite fellow villagers and eat together like a family.

A wedding in Kadwai is usually followed by lunch *(Gaanw jewan)* where almost the entire village is invited. Since many years, the gaanw jewan in Kadwai has a standard meal – rice, masalo, saalan and watanya chi usal accompanied by loncha and papar.

Not everyone has knowledge about the preparation of the gaanw jewan, as it is a critical process that calls for 'the perfect taste'.

When asked an experienced person who has a good knowledge about the preparations for gaanw jewan, an equivalent process has been written in the following section.

For a Kadwai gaanw jewan, approximate 80-85 kgs of mutton is cooked; of which 75-80% is used in the masala, approximate 15% is used in Salna (mostly bones, fat, and other eatable organs of the goat) and 5% is used in Ukra *(Non-spicy gravy for kids)*.

Approximate 110 kg rice is cooked.

Following list of ingredients are usually requested by the chef of the gaanw jewan:

• 110 kg rice • 80 kg mutton • 15 kg green peas *(Watane)* • 20 kg oil • 45 kg onions (5 kg onions are roasted and ground; and rest approximate 40 kg are sliced) • 8 kg dry Coconut is roasted • 1 kg badishep • 1.5 kg dalda ghee • 250 gram dalchini • 200 gram jeera • 5 kg garlic • 1 kg ginger • 50 gram black pepper • 2 kg tomatoes • 4 bunch coriander • 9 kg red chilli Kokni masalao • 5 kg salt *(Thick salt)*

Note: Out of the 40 kg onions, 5 Kg are roasted on direct flame and ground. This ground onion is divided in three parts – one part is used in ***Masala, one in*** *Salna, and one in Usal.*

The suggested amount of ginger and garlic is ground to prepare the paste and approximate amount of paste is used; as per the experience of the cook.

Approximate 8 kg dry coconut is roasted on direct flame and ground. Out of this ground coconut, the suggested amount is put in the recipes; based on the experience of the cook.

Gaanv Jewan Masalo

This is the thick red coloured mutton gravy made with home-made spices and is put on the rice with 2-3 mutton pieces per plate when served individually to every guest at the wedding lunch or dinner..

The Ingredients :

• 65-70 kg mutton • Approximate 20 kgs onions sliced • Approximate 3 kg garlic paste • Approximate 1 kg ginger paste • ½ kg badishep *(Refer the Masalas section to see the recipe for the badishep Kadwaikarinis store for a year and use in their dishes.)* • 2 kg roasted dry coconut sliced • 1 part of roasted onions *(Separated from 5 kg)* • 1 kg tomatoes • 10 kg oil • 5 kg red chilli Kokni masala *(Refer the Masalo section to see the recipe for the red chilli masalo Kadwaikarinis store for a year and use in their dishes.)* • 100 gram jeera powder • 100 gram garam masala powder • 2 bunches of coriander • Approximate 5 handful of salt *(thick salt).*

The Method :

1) Wash the mutton nicely 4-5 times and keep aside to drain. **2)** In an appropriate sized vessel, heat oil and add sliced onions. **3)** Fry the onion till it is brown. **4)** Add the ginger and garlic paste and sauté for 10 minutes. **5)** Add jeera powder, garam masala powder, badishep, and red chilli Kokni masalo and sauté for 15-20 minutes stirring continuously. **6)** Add tomatoes and cook till the tomatoes are soft. **7)** Add approximate one jug of water and fry the masala till it leaves the oil. **8)** Add mutton and add one jug water. **9)** Put the lid and let the mutton cook, add water as required. **10)** In between keep stirring the masala to avoid sticking to the bottom. *Note: Usually healthy men or workers (gadi) are appointed to stir the masala.* **11)** Once the mutton starts leaving water, check if it is cooked 80%. **12)** Add the khobra *(ground roasted coconut)* & one part of roasted onions. **13)** Add salt & mix well. **14)** Cook till the smell of coconut goes away. **15)** Garnish with washed coriander & remove the fire from bottom.

Gaanw Jevan Salna

This is a reddish brown spicy gravy made to accompany the lunch. Poured separately on the rice pulav it brings in a yumminess all it's own, a yumminess your taste-buds will treasure.

The Ingredients :

• Approximate 10-15 kg mutton *(Fat, bones, and other eatables.)* • Approximate 7 kg onion, sliced. • 1 kg garlic paste. • ½ kg ginger paste. • 2.5 kg red chilli Kokni masalo *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)* • 250 gram badishape *(Refer the Masalaso section to see the recipe for the badishape Kadwaikarinis store for a year and use in their dishes.)* • ½ kg tomatoes. • 5 kg oil. • 100 gram dalchini & jeera powder mix. • 1 bunch coriander. • 5 handful of salt *(Thick salt).* • 1 bucket ground coconut onion mix *(Approximate 2 kg roasted ground coconut and second part of roasted ground onions.)*

The Method :

1) In an appropriate sized vessel, heat oil and add onion. **2)** Fry the onion till it is brown. **3)** Add the ginger and garlic paste and sauté for 10 minutes. **4)** Add jeera powder, garam masala powder, badishep, and red chilli Kokni masalao and sauté for 15-20 minutes stirring continuously. **5)** Add tomatoes and cook till the tomatoes are soft. **6)** Add approximate one jug of water and fry the masala till it leaves oil. **7)** Add mutton and a jug of water. **8)** Put the lid and let the mutton cook, add water as required. **9)** Keep stirring the masala in between to avoid it sticking to the bottom. *Note: Usually healthy men or workers (gadi) are appointed to stir the masala.* **10)** Once the mutton starts leaving water, check if it is 80% cooked. **11)** Add the roasted ground coconut onion mix. **12)** Add salt and mix well. **13)** Add sufficient water as this is to be thin gravy. **14)** Cook till the smell of coconut goes away. **15)** Garnish with washed coriander and remove the fire from bottom.

Gaanw Jevan

Watane (Usal)

Watana are dry green peas cooked along with a lot of ingredients. As is the custom of the Gaan Jewan for decades, these are served on the plate itself and not given separately.

The Ingredients :

- 7 kg onion sliced.
- 4 kg oil.
- ¼ kg ginger paste.
- ½ kg garlic paste.
- Ground coconut onion mix *(Approximate 2 kg of roasted ground coconut and third part of roasted ground onions)*
- ¼ kg badishep *(Refer the Masalo section to see the recipe for the badishep Kadwaikarinis store for a year and use in their dishes.)*
- 1 kg tomatoes chopped.
- Approximate 2.5 kg Rred chilli Kokni masalo *(Refer the Masalo section to see the recipe for the red chilli masala Kadwaikarinis store for a year and use in their dishes.)*
- 2 handfuls of salt *(thick).*
- 2 bunch of coriander.
- 100 gram garam masala.

The Method :

1) Wash the watane *(Green peas)* and soak in water overnight. **2)** In an appropriate sized vessel, heat oil and add onion. **3)** Fry the onion till it is brown. **4)** Add ginger and garlic paste and sauté for 10 minutes. **5)** Add garam masala powder, badishep, and red chilli Kokni masalo and sauté, stirring continuously for 15-20 minutes. **6)** Add tomatoes and cook till they soften. **7)** Add approximate one jug of water and fry the masala till it leaves the oil. **8)** Add the watane and add one jug water. **9)** Put the lid and let the watane cook, add water as required. **10)** In between keep stirring the masala to avoid sticking to the bottom. *Note: Usually healthy men or workers (gadi) are appointed to stir the masala.* **11)** Once the watane are 80% cooked, add the roasted ground coconut onion mix. **12)** Add salt and mix well. **13)** Cook till the smell of coconut goes away. **14)** Garnish with washed coriander and remove the fire from bottom.

Gaanw Jevan

Rice (Pulav)

Approximate 125 kg rice is cooked for the Kadwai gaanw jewan. Taking the crowd coming in into consideration, some early-some late, the Pulav is prepared separately (to serve fresh and hot) in two vessels of 1.25 mann or 20 paili.

The Ingredients :

- 125 kg rice.
- Approximate 19 handas *(Big bronze water pot)* of water.
- 20 handfuls of salt *(Thick).*
- 2 kg oil.
- 1 kg dalda ghee.
- Some Garam masala *(dalchini, black pepper).*
- 50 gram jeera.
- 1 kg onions, sliced.
- 25 leaves of pulav paat *(Leaf).*

The Method :

1) Wash rice well 2-3 times and keep in a sapta *(Drainer)* to drain water.

2) In an appropriate sized vessel, heat oil and ghee. Add dalchini and jeera. Let it splutter.

3) Add pulav paat *(Leaf)* and fry onions till they are soft.

4) Add sufficient water and let it boil.

5) Now carefully add the drained rice and mix well.

6) Let it openly cook for some time; and when the water level comes down, cover with lid.

7) Occasionally, stir and mix rice.

8) When rice is almost cooked, remove the fire from bottom.

Gaanw Jevan

Ukra

Non-spicy mutton gravy for kids

The Ingredients :

- 2 kg mutton.
- ¼ kg badishep *(Refer the Masalas section to see the recipe for the badishep Kadwaikarinis store for a year and use in their dishes.)*
- ¼ kg ginger paste.
- ¼ kg garlic paste.
- ½ litre oil.
- ¼ bunch coriander.
- 15-20 black pepper seeds.
- A handful of sliced onion.
- 2 tbsp haldi.

The Method :

1) In a vessel, heat oil and add black pepper seeds.

2) Add onion and fry till onion becomes soft.

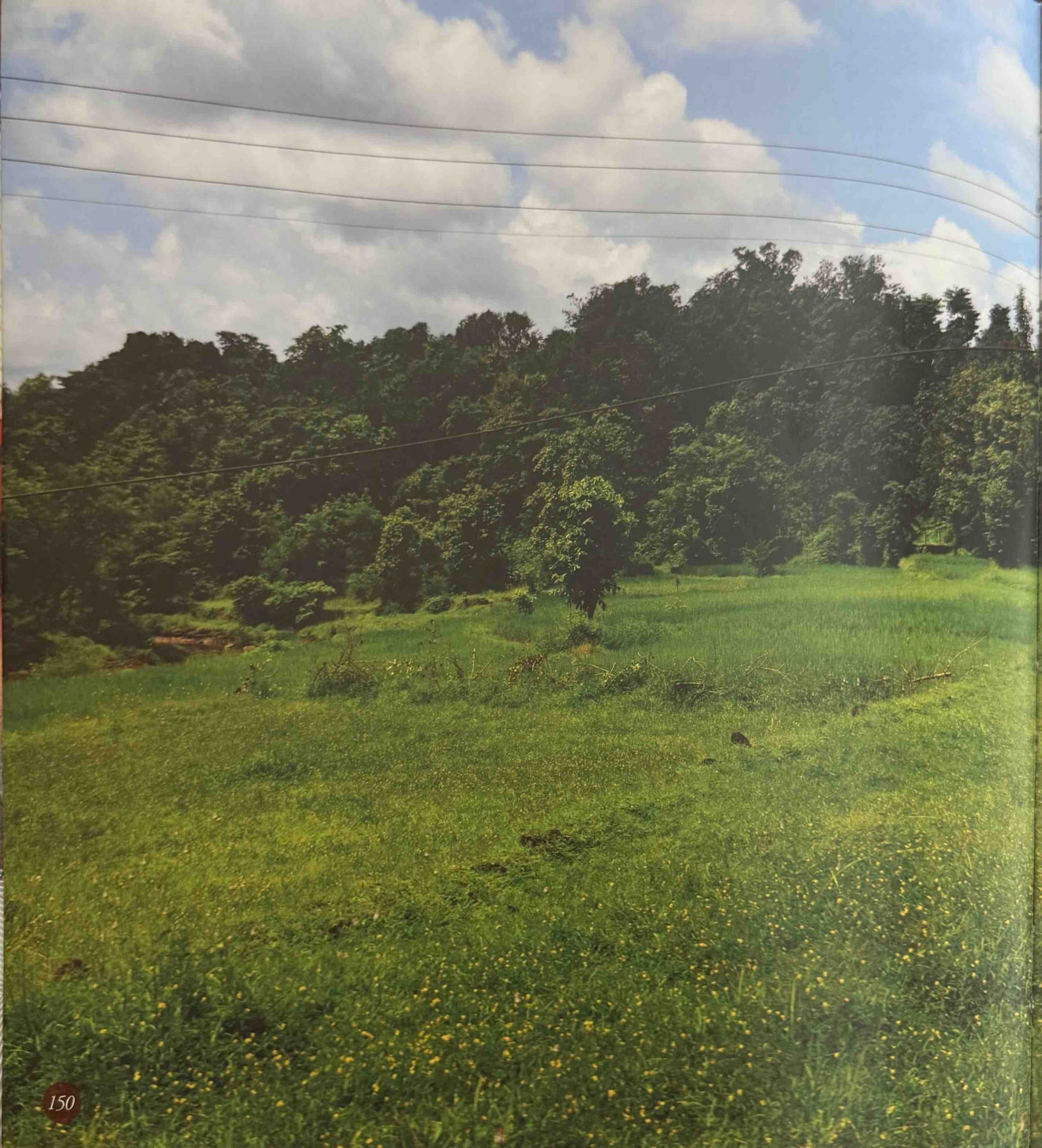
3) Add ginger garlic paste and sauté for 5 minutes.

4) Add badishep and haldi and sauté till masala leaves oil.

5) Add mutton and mix well. Cook for 10 minutes.

6) Add enough water and cook till the mutton is done.

7) Garnish with coriander.



Kai tari Khaanwka
(Snacks)

Our Eid is incomplete without the traditional "Sandane and Ukra"; our Gaanw Jewan seems meaningless without "Rice, masalo, salna, and usal". They have a tradition and despite being modern, we love to follow the same. Apart from a common life style; Kadwai has a variety of snacks which the Kadwaikars have been relishing since ages. Some snacks are long lasting while some are short life. Let us explore the snacks which are specific to Kadwai and which the new generation, especially those who have been away from Kadwai, want to know.

Long lasting Snacks

Lal Mitli

Wantawnichi Mitli.

Sitting in the balcony, sipping a cup of tea or reading a book or watching television; you definitely feel hungry or rather feel like snacking or just keeping your mouth engaged.

Try out these snacks for they can be stored for a long time, that's an opportunity to relish them at your convenience.

Dabyat thava ani javan havain tavan kha!

Saglyachich sawad hot nai! This is what most of the Kadwaikarinis have been saying about this snack. Believe it or not, when you eat the tastiest version of Watawnichi Mitli, you will surely ask for the recipe. So here you go, make it yourself!

The Ingredients :

- 4 cups unwashed rice flour *(Adura cha peeth)*
- 1 grated coconut.
- ¼ vati dry coconut.
- 1 tbsp ghee.
- ¼ kg jaggery.

The Method :

1) Remove milk of both grated and dry coconut. Keep the first milk in one vessel and second, third milk in another vessel.

Note: For the first milk, add the grated coconut and water and remove milk. This is thick milk. For the second milk, add water to the previously collected coconut mix and grind the mixture. This is comparatively thin milk. For the third milk, add water to the second time collected coconut mix and grind the mixture.

2) Mix second milk & third milk with rice flour and mix nicely *(Do not make a dough).*

3) Sieve the mixture.

Note : You might think that after adding the milk, the mixture must be becoming thick and tight, so how can you sieve this. But this mixture becomes powdery; which you can sieve.

4) Roast the sieved mixture till it becomes red.

5) Again sieve the red mixture. *(Grind the big pieces if required).*

6) Measure the mixture. If it is 3 cups, then take 1/4 kg jaggery.

7) Boil jaggery and first coconut milk together till the mixture becomes sticky.

8) Put elaichi powder, ghee, and above sieved mixture and cook till done.

9) Flatten the mixture in a flat plate *(Paraat)* and make pieces.

Zara daantala zor lawnka hotey kawan kawan, pan lai sawad!

Ravyache Laadoo

You must have seen some white laadoos in a glass bottle at a tea stall in Kadwai bazar peth. Or even in Mumbai, at some Chai ki Tapri. These are our Kadwai's 'Ravya che Laadoo'. Usually prepared in ganwti tuup (Desi ghee). Take the first bite, sense it melt as your taste-buds yell for more and more. Take them along when you travel and remember to offer them to your friends, rest assured they will ask for the recipe. So, here's the recipe! Try it. Share it.

The Ingredients :

- 1 coconut, grated.
- 1 kg rava.
- 900 gram sugar,.
- 3 tea cups water.
- ¾ cup ghee .
- 1 tsp elaichi powder.

The Method :

1) In a vessel, heat ghee and roast rava for at least half an hour on slow flame, stirring continuously.

2) Add grated coconut and roast for another half an hour.

3) Remove the mixture in a plate.

4) Make sugar syrup by adding sugar and water and boiling the mixture.

5) Then mix rava and coconut mixture in the sugar syrup.

6) After removing from fire, add elaichi powder and mix.

7) Keep a lid on the prepared mixture and keep aside for 2-3 hours.

8) Make laadoos. You can even place raisins in each laadoo. Then all you need to do is enjoy the yummy laadoos.

Laadoo zara motey banawa majey ekatuch bhagel, nai te khapawal ho sagle!

Sakhreche Shengo

Run, grab some tissue papers to soak the oil!
This snack, fried in a lot of oil is very sweet in taste. Maharashtra prepares this snack during Diwali and other occasions. That's "Sakhre che Shengo" (Sugar Sheng) a famous snack of Kadwai too. Is prepared using a lot of coconut & sugar wrapped in wheat and gram flour, deep fried in oil. Enjoy this snack anytime you want. Try it with your tea, you'll adore it.

The Ingredients :

- 1 ½ cup Sugar.
- 1 Coconut grated.
- ½ cup Wheat flour.
- 1 cup Maida.
- Salt to taste.
- 4 tbsp oil/ghee.
- Oil for frying the Shengo.
- 1 tsp elaichi powder.

The Method :

Step 1: Preparing the filling

1) In a vessel, heat 2 tbsp oil or ghee and roast sugar and coconut till it is dry. When the sugar starts melting, the mixture may become moist, but keep roasting till the mixture becomes dry. **2)** Add elaichi powder and keep aside for cooling.

Step 2: Preparing dough for the shengo

1) In a vessel, take Maida and wheat flour. **2)** In a separate small bowl, heat ghee/oil till it boils, then pour it hot into the maida *(In Kokni term, this step is called Telacha kartavni).* **3)** Add 2 tsp sugar and a pinch of salt, mix it well . **4)** Start kneading the dough. The dough should be hard. **5)** Moist a cloth and keep it on the dough for an hour. **6)** Make small balls and use a roller to make small puris. **7)** Take approximately 1 tbsp coconut sugar stuffing and put in the centre of the puri. **8)** Fold the puris into half. **9)** Seal the edges by pressing tightly and slightly fold the edges. You can use water for sealing the edges nicely. **10)** In a kadai, heat oil and fry the shengo till golden brown.

Sawaad! Sawaad! Diabetes walyanu amchyar balat ghenw nuko O!

Gorache Shengo

*You will **need** some tissue papers to soak the oil from this snack. Deep fried and very sweet in taste, yet carries a lot of health quotient - "Gora che Shengo". Prepared using a lot of coconut and jaggery and wrapped in wheat flour and deep fried in oil.*
*Experience your tea & snack times exhilarate with this **sweet, super snack.***

The Ingredients :

- 1 coconut grated.
- 1 cup grated gor *(Jaggery).*
- 1 heaped cup wheat flour.
- 1 tsp oil hot.
- Pinch of salt.
- ½ tsp elaichi powder .

The Method :n

Step 1: Preparing the filling

1) In a vessel, heat ghee & cook together grated coconut and small pieces of jaggery only till jaggery dissolves. **2)** Add salt & elaichi powder. Do not overcook & Keep aside.

Step 2: Preparing dough for the shengo

1) In a vessel, take wheat flour. **2)** In a separate small bowl, take the oil and heat it till it boils then pour it hot into the wheat flour *(In Kokni term, this step is called Telacha kartavni).* **3)** Add water and a pinch of salt to the flour mix. **4)** Start kneading the dough. The dough should be hard. **5)** Moist a cloth and keep it on the dough for an hour. **6)** Make small balls and use a roller to make small puris. **7)** Take approximately 1 tbsp coconut jaggery stuffing and put in the centre of the puri. **8)** Fold the puris into half. **9)** Seal the edges by pressing tightly and slightly fold the edges. You can use water for sealing the edges nicely. **10)** In a kadai, heat oil and fry the shengo till golden brown.

Tissue paper sobat thawa khatana!

Besanche Laadoo

What fun it is to twist them in your hands and trying to make a perfect round shape. The aroma of pure ghee makes you feel to eat them as soon as they are made. Yes, we are talking about "Besan che laadoo". This favourite snack is mostly sent by our Kadwaikarinis to their husbands on ship, because this is the most common long lasting snack. A common dialogue, "O manus yetai tyacha sobat kai dharu tumla?" and a common reply, "Dhar besan che ladoo naite khazura asa kai". So here you go to send your loved ones Besan che laadoo!

The Ingredients :

- ½ kg Besan *(Gram flour).*
- 400 gram powdered Sugar.
- 2 cups Pure ghee.
- 1 tsp elaichi *(Cardamom)* powder.

The Method :

1) In a kadai, roast besan for approximately 1 hour on slow flame. You have to roast until you feel a nice smell and desired colour of besan appears.

2) Then remove from fire, stir a little and add powdered sugar and elaichi powder.

3) Stir again and then add melted hot ghee and make laddos.

Yum Yum! Tonda mada melt zhaile na!

Purr

Ah! That aroma of methi (Fenugreek). Mother telling kids, "Haath dhaw han, hikre tikre pusu nuko naitey methi cho waans yel". And it surely does. Along with some healthy ingredients, this snack called "Purr" is one of Kadwai's trademark snack. It requires healthy arms because lot of stirring is required while making Purr. Keep some utensils handy to spread and shape the Purr immediately after you take if off flame otherwise you will have to make laadoos instead of squares.

The Ingredients :

- 4 tipri Whole wheat *(Roughly grounded)**
- 1 tipri fenugreek or methi seeds *(Roasted and ground)**
- 3 ½ fresh coconuts, grated.
- 1kg 100 gram gor *(Jaggery)*.
- 2 ½ cups ghee.

The Method :

1) In a vessel, mix and roast wheat and methi flour on a low flame till the flour changes its colour. **2)** Take ghee in a saucepan & add jaggery to it slowly & cook until it dissolves. **3)** Add the grated coconut gradually and stir evenly. **4)** After roasting this mixture, add the mixed flour mixture, while stirring continuously. Ensure that it doesn't stick to the bottom of the pan. **5)** The mixture will start leaving ghee as it cooks. This will affirm that it's cooked. **6)** Remove from the flame & flatten it on a large plate or tray. The thickness should be around 1/4 inch. Smoothen it with the back of a spoon or a flattened utensil *(Usually tapela)*. **7)** Make the pieces according to your choice. **8)** Do Not Hurry to remove the PUR from the tray on the same day. Remove it the next day.

*Note: * 1 Tipri equals 1 cup. (Kokanis have used Tipris since many years for various measurements.)*

Tips: For best results, use dark brown jaggery from the market to get a lovely dark brown colour of the Purr.

Khaskhas mhang mhanun kanjusi karu nuko; khaskhas shiwai pur la look nai!

Ravyachi Mitli

Let the wedding season come ani tumi za pawla lawnka, there is a possibility you will get ravyachi mitli in the snack accompanying tea. Usually asked an experienced lady in the family to make this Mitli as the proportion for large quantity needs to be perfect. So check out your measuring spoon with a master bua before you step into the kitchen. Rawyachi Mitli is the fastest Kadwai sweet that can be made; so it remains a favourite in many homes.

The Ingredients :

- 3 big Coconuts, grated.
- 200 grams home made ghee *(Use Dalda if home-made ghee is not available).*
- 1 kg gor *(Jaggery)*, grated.
- 1 kg rava.

The Method :

1) Dry roast rava till it turns a little brown and keep aside.

2) Take ghee in a vessel and add jaggery to it.

3) After the jaggery has melted, add grated coconut and stir continuously.

4) Cook till you get one stream consistency of stickiness between your fingers.

5) Add rava and stir. Ensure that it doesn't stick to the bottom.

6) Remove and pat it flat on a plate or tray and allow it to cool.

7) Cut diamond shaped pieces and serve.

Soft and melting in mouth! Do get your non-konkani friends to taste it too!

Khazura

Kai go! Khazura la surwo kawa ghetais? Shadi aili ba zawal! The most famous snack mostly prepared during wedding seasons to serve guests coming home. This snack needs some perfection in measures of ingredients and some expertise in the process, otherwise you might have to contact your dentist for loosing your teeth while taking a bite So prepare it carefully!

The Ingredients :

- 1 kg Wheat flour *(Thickly grounded).*
- 1 kg jaggery.
- 2 ½ cups water.
- A pinch of salt.
- 2 tbsp ghee.
- ½ tsp cardamom powder.
- khus khus *(Poppy seeds)* optional.

The Method :

1) Take water in a saucepan & add jaggery & a pinch of salt to it. Bring to a boil.

2) Add ghee and cardamom powder.

3) Add this mixture to the wheat flour and knead well.

4) Apply ghee on the kneaded dough and keep in a place with room temperature for two days *(Can also be stored in the refrigerator).*

Note: This step is called to take "Survo"!

5) After two days, take the dough & roll it out & spread khus khus. The thickness of the dough should be around 1 cm.

6) Cut into squares or any desired shape.

7) Heat oil in a wok. Deep fry the cut pieces. Remove when golden brown in colour.

Survo chukat nai ghetlew ki dentist cha appointment ghya daant tuttil!

Pandri Mitli

Kutawnyachi

Prepared and tastes best when made by some exact proportions and hands-on experience. Otherwise, book an appointment with a dentist to get your tooth corrected which was injured while taking a bite of this Mitli. Simple ingredients; yet needs a lot of patience to prepare and give final touch to this snack, make sure you have someone to accompany you.

The Ingredients :

- 4 tipri *Rice flour *(This flour is made of unwashed rice).*
- 1 kg 250 gram Jaggery.
- 1 Coconut grated.
- 2 sticks Cinnamon.
- 5-6 Cardamoms.
- 1 tsp Fennel seeds.
- 1 cup or more Water.

The Method :

1) Mix together the rice flour, cinnamon, cardamom and fennel seeds. Dry roast all these ingredients.

2) Grind it in the mixer or can use traditional means such as grinding on a mortar and pestle.

3) Mix grated jaggery with 1 cup water *(Add more water if needed).*

4) Cook water and jaggery for 10 minutes.

5) Pour this mixture in the flour mixture and knead into a dough.

6) Spread this dough mixture onto a Kitaan **. It should be spread with the back of a steel bowl or flat bottomed utensil until evenly flat.

7) Cut into diamond shaped pieces. The mitli is ready to be served.

*Note: * 1 tipri equals 1 cup. (Kokanis have used tipris since many years for various measurements.)*

***Kitaan is a flat plate like vessel which is used specially for this sweet. If you don't have Kitaan, u can use anything else to spread it; like a big plate or tray.*

Saglich nai banawat; pan lai sawad astey! Barobar na!

Kalya Tilachi Papdi

You must have relished the common shengdanya chi chikki; and it must be your favourite as a kid. Kadwaikarinis also prepare a similar verion of this; but with the black til (black sesame seeds). If you have this chikki or papdi once; you will surely crave for it every time you hear the name.

The Ingredients :

- ½ kg black til.
- ¼ kg jaggery.
- 100 gram ghee.

The Method :

1) In a vessel, roast black till for some time by constantly stirring and keep aside when done.

2) In a vessel, heat ghee and add jaggery and and cook until jaggery melts.

3) Add roasted black till and mix well.

4) Cook for approximately 5 minutes on low flame constantly stirring.

5) Grease a tray of plate with little ghee and lay the cooked mixture evenly on it. Do not make the layer very thick; as papdi is usually thin and crispy.

6) Cut appropriate sized pieces when the mixture is hot if you desire; otherwise you can simply keep the mixture flat.

7) Let the mixture cool and serve.

Sawad pun ani kurkurit pun!

Roat

This traditional snack has been made in Kadwai since ages; specifically once in a year during the month of Moharram. Very few Kadwaikarinis make it these days; while others buy it from somebody doing the snack business in Kadwai or nearby vilages.

The Ingredients :

• 1 kg wheat *(Makes approximately 7 roats* • 1 cup *(1 muthh)* rice *(Unwashed preferable)* • 50gm Dalchinni • 25 elaichi • 10 to 12 cloves • 1 tbsp badishep *(Fennel seeds)* • 1 kg jaggery • ghee • khaskhas • Banana leaves

The Method :

1) Make thick flour of washed wheat and rice in a mixer grinder or at chakki. *(Some people also take unwashed rice.)* **2)** Filter the wheat and rice flour and mix them. **3)** Grind the garam masala into fine powder. **4)** In the flour mixture, add garam masala powder and mix well. *Note: Kadwaikairis take the wheat, rice, and garam masala to a chakki and they get it ground there together.* **5)** Take the flour and garam masala mix and add sufficient water to make a dough; do not take too much water, or it will make the dough thinner. Keep the kneaded dough aside. **6)** In a vessel, heat ghee and add 2 cups of water and jaggery. Cook till jaggery melts and boils. **7)** Add the boiled jaggery mix to the kneaded dough and mix well carefully. *Note: This step of adding the boiled jaggery to the flour mix is termed as "Survo" in Kadwai.* **8)** Apply little ghee on the dough and keep it covered under a utensil for at least 8 hours; it is also a good practice to keep the dough as is for a day or two or one night. **9)** After the suggested time, take out the dough and knead it little bit and take out appropriate sized balls to make roats. **10)** Put a banana leaf on the chauki (board) and sprinkle some wheat flour and khaskhas on it. Now put the mixture ball on it and use a rolling pin to make roats. Roats are thicker than usual rotis. *Note: In between, if you feel the mixture is sticking to the rolling pin, sprinkle some wheat flour on the roat and roll again.* **11)** Put khaskhas on the top now. **12)** Heat a tawa nicely & put the roat along with the banana leaf on the tawa. Cook on low flame. **13)** When the roat is nicely cooked from the bottom, put a banana leaf on its top and turn it with banana leaf on the other side to cook.

Sagla barobar ghya naitey taste zail ani roat kadak hotil!

Sanchyacho Cake

Dip it in your cup of tea or eat it as it. The trademark and simplest snack of Kadwai – you ask any child and they should name it. It's cake. Kadwaikarinis usually make the cake in a common 6 shaped mould tawa (which has six different mould designs for the cake). If you do not have such moulds, no worries! You can use a simple flat bottomed vessel too. Earlier days, Kadwaikarinis used to prepare the cake on hearth; nowadays they even make it in oven.

The Ingredients :

• 4 eggs • Rawa *(In a weighing scale, take rawa according to the weight of 4 whole eggs with shell)* • 1 tbsp Maida • Sugar *(In a weighing scale, take sugar according to the weight of 3 whole eggs with shell)* • 1 pinch Salt • 1 tsp Elaichi powder • 1 tsp baking powder *(optional)* • Yellow colour *(you can also use a pinch of haldi)* • Ghee for greasing • Butter Paper *(for base; not required if you are using cake mould)*

The Method :

1) Take a vessel and beat the 4 eggs till it becomes fluffy and airy. *Tip: The stirring/beating of the mixture should be done in only one direction* **2)** Put Salt, Sugar, Elaichi powder, Baking Powder, and colour in the beaten eggs and again beat it till the sugar melts. **3)** Add Rava and Maida to the mixture and again beat it till the mixture becomes more fluffy and airy. **4)** Take a mould or flat bottomed vessel in which you want to make the cake. **5)** If you are baking in a vessel, cut the butter paper according to the shape you are taking for making the cake. **6)** Put the cut butter paper in the base of the vessel and grease the sides of the mould with ghee. **7)** Pour the prepared mixture till half the size of the mould. **8)** Cooking / Baking on Gas: **a)** Take a big vessel which should be two times more than the size of the mould. **b)** Put a stand at the base and keep the cake mould on the stand in the vessel. **c)** Close the big vessel with a plate. *Tip: If possible, you can also put additional fire on the top of the plate so that the cake also cooks faster and nice from top.* **d)** Cook the cake minimum 10 minutes on medium flame. **e)** Once done, remove the cake from the mould while it is still hot. *Tip: Nowadays, you also get a flat bottomed vessel in market for cake; which has a whole in the middle. This vessel comes with a plate in which you have to put wet sand and keep this plate on the gas and heat the sand; then place the vessel on the top of this plate and follow the process.*

Next time birthday la cake order karu nuko, gharatuch banawa!

Aajuch Kha

(Short life foods)

There are a few Kadwai snacks which have short life and you need to gulp them on the same day they are prepared. However, there are some which you can keep in the freezer and steam the next day and eat. Let us explore the short life snacks.

There are a few Kadwai snacks which have short life and you need to gulp them on the same day they are prepared.

Sakrawle

However, there are some which you can keep in the freezer and steam the next day and eat. Let us explore the short life snacks.

Our Kadwaikarinis have been practising the ancient Kadwai snacks and we bet, you cannot win them over expertise! Some snacks don't require just recipe, it requires some extra tips on how to get that perfect shape and structure. Sakrawle is one such snack. Look at the picture. Aga bai! Do you think it has been made with some mould? A big NO! This structure comes with experience and perfect consistency. All you young generation out there, be ready with some tissue papers to soak the oil! Prepared in a lot of oil, Sakrawle is a sweet Kadwai snack, usually enjoyed at tea times, instead of the usual toast and khari!

The Ingredients :

- ½ kg maida.
- ½ kg sugar.
- 2 steel glasses of warm water *(Little less).*
- ¼ tsp salt.

The Method :

1) Take maida, sugar & salt in a bowl.

2) Add warm water and beat nicely. Beat till no lumps are seen. Keep beating for 5-10 minutes till it becomes the consistency of milkmaid.

3) Now take a deep tawa. No need to take non-stick pans.

4) Pour 5-6 tbsp of oil. Let the oil heat on high flame. Now reduce the flame to medium and pour one big daal spoon of the above batter in the oil.

Note: Oil should be more than the poured batter.

5) Now pour the hot oil from the sides on the batter so that it gets cooked from above. Once it's cooked from above it will be frilly from the sides.

6) Keep it on the sides of the tawa and let the oil drain out and remove on the tissue paper. Don't turn it upside down.

Khaal tawan tissue paper sangaat thawa !

Gorawle

As the name says – Gol Gol! Sweet in taste, round in shape and a best alternative to the usual teatime snacks, you will surely want go grab a few more, as they are little smaller in size. Usually prepared in a mould.

The Ingredients :

- 1 coconut.
- ¼ dry coconut.
- 1 tipri *(1 cup)* rice.
- 4 tipri *(1 cup)* rice flour .
- ½ kg gor *(Jaggery)*.

The Method :

1) Remove milk of both grated and dry coconuts. Keep the first milk in one vessel and second milk in another vessel.

Note: For the first milk, add the grated coconut and water and remove milk. This is thick milk. For the second milk, add water to the previously collected coconut mix and grind the mixture. This is comparatively thin milk.

2) Cook rice in thin milk. Cook nicely.

3) After some time, mix together rice flour, cooked rice and thick milk. Keep it overnight.

4) In the morning, add jaggery. Mix till the jaggery dissolves.

5) Heat goravla tawa on high flame, reduce the flame on medium, brush the tawa with oil & put the batter one by one.

6) Keep the lid.

7) After 2 minutes turn them. Let them cook. Make more goravlas with the remaining batter.

Kunala dhaaruche asle tey zara motey banawa maje dabbo begin bharel!

Puranpole

A favourite of maharashtria; and Kadwaikars too enjoy Puranpole with their tea. Making a perfect puranpolo requires expertise and perfect measure of ingredients. Here you go with the recipe shared by an experienced Kadwaikarini.

The Ingredients :

Makes 32-35 Puranpole

• 500 gm Chana Dal • 400 gm Jaggery • 250 gm Maida • Salt, Water, Oil and Ghee as per requirement • 2 tsp Elaichi Powder • 1 tbsp Dry Ginger Powder *(Soonth)*

The Method :

Step 1: Preparing the filling *(Puran)*

1) Boil the chana dal in a vessel till it becomes moist and strain the water. **2)** Cut the jaggery into pieces and immerse it into the chana dal. Cook till jaggery melts and roast the mixture till it becomes dry. *Tip: After putting the jaggery, it melts & becomes little watery, so keep on roasting it till it dries up.* **3)** After the mixture dries up, add elaichi powder and dry ginger powder. **4)** Once done, grind it either in puranpoli grinder or in the dry cup of the mixer grinder. Puran is now ready. 5)Make 32-35 equal balls of the grinded puran stuffing.

Step 2: Preparing the dough

1) In a bowl, take maida, 1 glass water, add 4 tsp sugar, a pinch of salt, and little jalebi yellow colour or haldi. **2)** Mix it well and use additional water if required and make the dough and keep on adding oil while kneading it. **3)** The dough should be soft *(Softer than the one we make for chapati).* **4)** Once done, make small equal balls approximate 32-35.

Step 3: Preparing puranpoli

1) Take 1 drop oil in your palm and flatten a single ball of dough and place the puran into it and close it. **2)** Once done, using a rolling pin, make the puranpoli roti. **3)** Roast on tava using ghee and fold it. Puranpolo is now ready.

Lai pan chhote banaw nuko ani peet chukat malaa khawnchya jaldi mada gadbad karu nuko!

Saandani

You show them to your non konkani friends, and they say, "Arre, itni badi idli", and you start laughing! Yes, you got it right, our most famous trademark snack "Saandani". Our men asking their lady, "Eid yetai, Sandani banawshil na". A snack with simple ingredients, but requires too much work and patience. Usually eaten with Ukra, or you may just dip in your tea and enjoy. Young generation has to read this recipe carefully, so that the trend continues for ages, otherwise, we may just have to eat Idlis to refresh our memory

The Ingredients :

• 1 kg rice • 5 grated fresh coconut • ½ dry coconut • 6 cups sugar

The Method :

1) Wash rice atleast 2 days before and dry overnight by spreading on cloth. **2)** Grind the rice in mixer to prepare rice bhardi. **3)** Sieve the rice in a rava siever. **4)** Remove the thick rava in a bowl. **5)** Now sieve the fine rava in aata siever and take the fine rava leaving the aata aside. **6)** Remove milk of the fresh and dry coconut three times keeping in different utensil. *Note: For the first milk, add the grated fresh and dry coconut and water and remove milk. This is thick milk. For the second milk, add water to the previously collected coconut mix and grind the mixture. This is comparatively thin milk. For the third milk, add water to the second time collected coconut mix and grind the mixture. While removing milk try to use little water as possible* **7)** Take the third time milk which is thinner, in big utensil and pour half of the second time milk in it and bring to boil. **8)** Add the coarse rava and cook till dry as rice. You can use the remaining second coconut milk if needed. **9)** Let it cool. **10)** Now apply the thick coconut milk to the fine rava and keep it aside. **11)** When the mixture is cool, mix all nicely and let it ferment for atleast 8 to 10 hours. **12)** Now add 2 tsp of salt n 6 cups of sugar and mix well. **13)** The batter should be of medium consistency. Fill the saandani plates with the above batter. **14)** In a saandani haanda, boil water and arrange the saandani plates one over the other so that all plates get equal steam. **15)** Steam for atleast 20-25 minutes on high to medium flame. Once done, remove & repeat the procedure.

Eid ek disachya baad asli te tension ghenw nuko; peet freezer mada thawa ani doosrya disa banawa; saandani lai naram ani sawad hotat.

Goad

Gharbharni aili ki sagli khush! Aaz goad khawka milel! This trademark sweet dish called "Goad" was once prepared when people had housewarming ceremony. Nowadays, it is also prepared in weddings as well. Requires a lot of stirring and blending ingredients. With this recipe, now you can try to prepare it at home for your family, you need not wait for a gharbharni or wedding!

The Ingredients :

- ½ kg wheat *(Ganv).*
- ½ kg chana daal.
- 1 kg jaggery *(Gor).*
- 2 coconut *(Narol)* grated.
- 15 cardamom *(Elaichi).*
- 10 cinnamon *(Dalchini).*
- ¼ kg rice flour *(unwashed).*
- Salt to taste.

The Method :

1) Soak wheat for overnight and then cook the wheat in the cooker. Take 6 to 7 whistle of cooker on slow gas.

2) Cook chana dal also in cooker and take 2 to 3 whistle of cooker.

3) Boil jageery *(Goad)* in 2 litre water in a container.

4) Mix rice flour in water in other vessel and make the paste and then mix the mixture in boiling jageery water and cook for 10 minutes.

5) Then put boiled wheat and boiled chana daal in the jaggery mixture.

6) Add grated coconut and mix well.

7) Cook for 15-20 minutes and add elaichi powder and dalchini.

8) Boil for 10 minutes and add salt for taste.

Note: You have to stir the mixture continuously while it is cooking. Be careful while stiring as the mixture is cooking at boiling point, it might splash out and you may get hurt.

Gharbarni mada ek cp jasti mangu nuko; gharatuch banawa!

Ghaare

If you hear this name, run faster and grab some tissue papers to soak the oil before you start munching. The main ingredients are quite healthy though! You will have to wait for a day while the process of the making of this dish happens.

The Ingredients :

- 100 grams chana daal.
- 100 grams urad daal.
- 50 grams methi *(Fenugreek)* seeds.
- 1 tsp saunf *(Fennel seeds)*.
- ¼ tsp dalchini *(Cinnamon)* powder.
- ¼ tsp elaichi *(Cardamom)* powder.
- 1 small onion.
- 400 grams gor *(Jaggery)* add more or less according to taste.
- ½ grated coconut.
- 1 kg rice flour.

The Method :

1) Soak the chana dal and urad dal separately overnight.

2) In the morning, grind them while grinding add methi seeds, saunf, dalchini powder, elaichi powder, onion and jaggery.

3) Now add grated coconut and rice flour. Mix well with spoon or hands.

4) Keep aside for 6 to 7 hours.

5) Heat oil for shallow frying and take the ghaare mixture in a tablespoon or daal spoon and fry. Add water if required before frying for flowing consistency.

6) Shallow Fry with not very less oil till dark brown. Turn the ghaare if required to fry from other side nicely.

7) Take out and place on a tissue paper to soak extra oil.

Ek hatat tissue paper thawa ani khanwka chalu kara!

Ghawne

Keep some tissue papers handy! No no, its not a spicy recipe, but a bit oily! Relish this Kadwai snack at tea-time or serve your guests if it is ready when they come in.

The Ingredients :

- ½ kg maida.
- 2 eggs.
- 250 grams gor *(Add more if required).*
- 2 tbsp rice flour.
- 2 tbsp wheat flour.
- 1 tsp haldi.
- Khus khus *(Optional).*
- Dry fruits *(Optional).*
- A mixture of ghee and oil to brushing on the pan or kaavil.

The Method :

1) Grind the maida, eggs, jaggery, and rice and wheat flour together.

2) Add 1 tsp haldi.

3) Add little water if required for thick consistency.

4) Add some khus khus and chopped dry fruits of your choice.

5) Apply the mixture of ghee and oil on the kaavil or pan.

6) Put the batter with a spoon and spread it on the pan.

7) Once done, fold like a square in the pan itself.

Tel bagun tension ghenw nuko; khanwka laiuch sawad!

Ukarlele Shengo

If the whole family is present home and Ukarlele Shengo is in process, believeit or not, as soon as the first lot of Shengs are out of the handa (vessel), it will get finished. Kadwaikars love to eat it hot and fresh. Made of jaggery and coconut and wrapped in rice flour dough, this Kadwai snack will surely win your heart.

The Ingredients :

- 1 coconut grated.
- 200gm Gor *(Jaggery)* – small pieces or grated.
- 2 cups rice flour.
- 3 cups of water.
- ½ tsp elaichi *(Cardamom)* powder.
- ½ tsp salt.
- Ghee.

The Method :

Step 1: Preparing the filling

1) In a vessel, heat ghee and cook together grated coconut and small pieces of jaggery only till jaggery dissolves.

2) Add salt and elaichi powder. Do not overcook and Keep aside.

Step 2: Preparing the dough

1) Boil water with salt and 1 tsp of oil.

2) When the water boils, add the rice flour and stir well.

3) Keep for 2 minutes then off the gas and let it cool.

4) Now need the dough smoothly using water if required.

5) Make small balls and use a roller to make small puris.

6) Take approximately 1 tbsp coconut jaggery stuffing & put in the centre of the puri.

7) Fold the puris into half.

8) Seal the edges by pressing tightly and slightly fold the edges. You can use water for sealing the edges nicely.

9) Steam in the steamer for 10 to 15 minutes.

Health conscious? Be happy! Less oil used! Steamed! Tasty!

Dooderie

Are you ready to do some gym kind of exercise? If yes, this Kadwai snack will require your efforts. As our ladies say, "Dooderie la dando marucho lai kathhin". Though the recipe is given for a minimum quantity, this snack is usually prepared in large quantities. Kadwaikairinis love sharing snacks on special occasions and this snack named Dooderie is rarely made and distributed to loved ones. But when they do get it smiles simply light up their faces. So, here is the recipe. Try and do share the Dooderie with your loved ones.

The Ingredients :

• 1 kg rice flour *(Of unwashed rice)* • 1.5 kg gor *(Jaggery)* grated or cut into pieces- take out some amount and add later if need be • 3 fresh coconut milk • 1 dry coconut milk • 5-6 elaichi powder • 2-3 dalchini powder • Salt to taste

The Method :

1) In an appropriate sized vessel, put approximate on kalsuli (4-5 jugs) water and add the jaggery to it. **2)** Cook till the jaggery melts in it. **3)** Boil the mixture. **4)** By the time, mix rice flour into some amount of coconut milk in such way that no lumps are formed. Keep the rest of the milk aside. **5)** Add the rice flour mixture into the boiling jaggery very carefully. **6)** Stir continuously otherwise lumps will get formed and the mixture will stick to the bottom. *Note: One of the most important steps while making dooderie is to stir continuously, even if you stop stirring for a minute, the mixture might get stuck to the bottom and get burnt. So, if you get tired, ask someone else to stir the dooderie.* **7)** Add salt, elaichi powder, dalchini powder, and remaining milk while stirring continuously. **8)** In between, check if more jaggery is required. Add accordingly. **9)** When the mixture gets quite thick, take out the *salipo* (used to stir) and check the consistency, it the mixture drips slowly means it has becomes thick. A dark brown color also symbolizes a nicely cooked dooderie. **10)** Take the *thal* or *parat* or any container in which you want to pour the dooderie and slowly pour it. *Tip: While pouring the dooderie, it is better to take a small vessel with handle and use it to pour the dooderie in the final vessel. This way you will not get burnt. Don't forget to taste the leftover to the vessel at the end.* **11)** Let it cool in the container then make pieces as per your choice.

Haath dukhtil O; Baam thava haatashi!

Mutkya/Methichi Pez

"Pez" in Kadwai means Kanji. There are different types of Pez starting from a simple rice to a variety of other main ingredients. Mutya chi Pez is one such form of Pez where the main ingredient is Methi or fenugreek. Hence, you will get a somewhat bitter plus sweet taste. Now unlike other types of Pez, this Pez is not completely liquid form – the Mutke or oval shaped balls made of rice flour and jaggery are put into the Pez and eaten along with the Pez. This Pez is considered healthy for women after delivery and who breastfeed their babies.

The Ingredients :

- ½ kg Rice flour *(Of unwashed rice).*
- ½ cup methi *(Fenugreek)* seeds.
- 2 fresh coconut milk.
- ½ kg Gor *(Jaggery).*
- 2 tbsp ghee.
- 5-6 dalchini *(Cinnamon).*
- 7-8 elaichi *(Cardamom).*
- Pinch of salt for taste.

The Method :

1) Roast methi seeds and grind into fine powder.

2) In a vessel, heat ghee, take approximate 2 cups water, and add Jaggery and bring to a boil.

3) Add whole cardamom and elaichi.

4) In a parat or vessel, mix the rice flour and methi powder. Keep little of this mixture aside for later use.

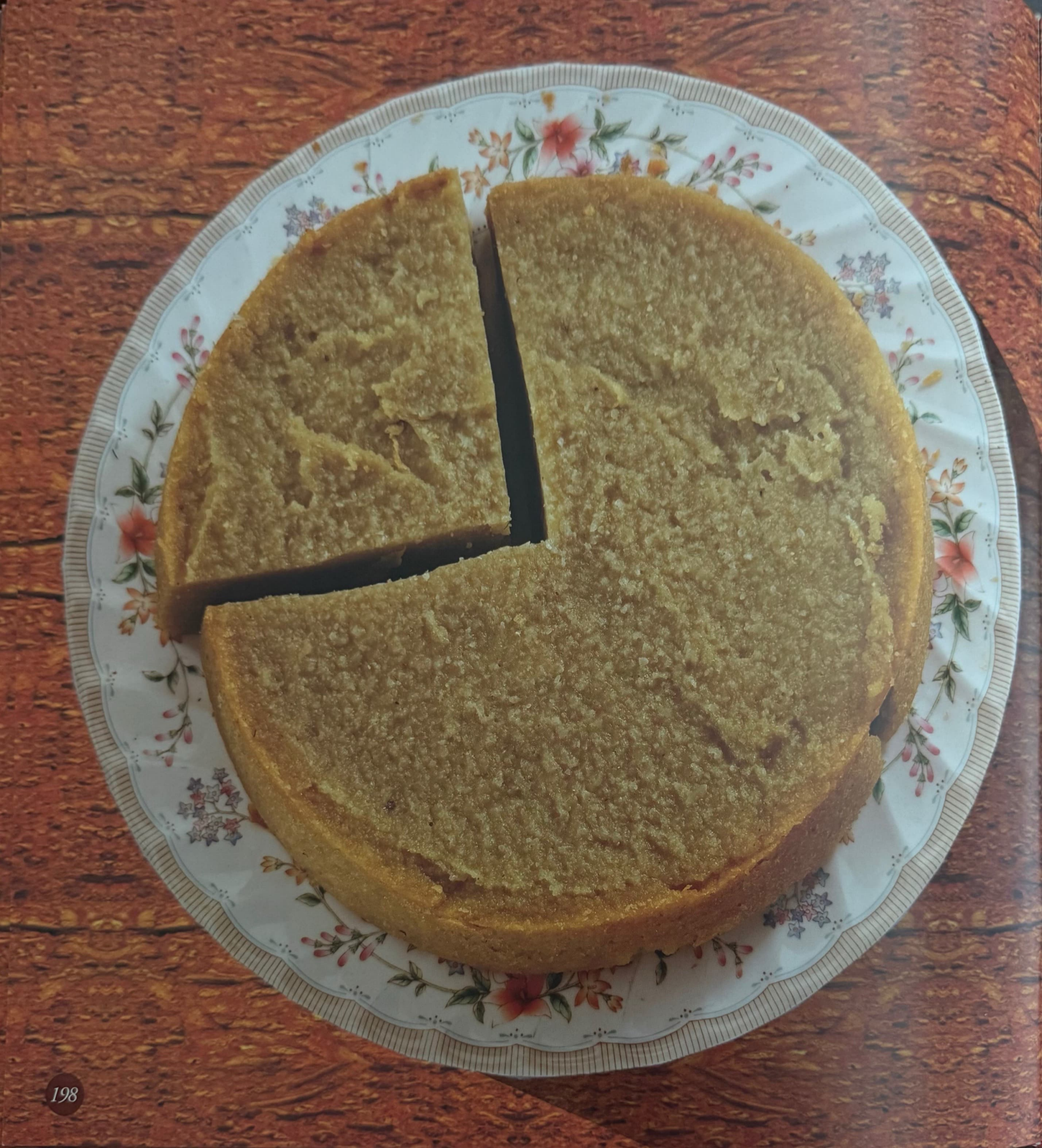
5) Add half of the jaggery syrup to the flour mixture in parat and stir immediately. Then let it rest.

6) Knead the dough and make small oval shaped balls *(Mutke)* as many as desired.

7) In a vessel, mix together the kept aside flour mix, salt, take little water, and cocounut milk. Add the mutke to this mixture and boil it for approximate 15-20 minutes.

8) Add the kept aside jaggery mix and boil for 15 minutes more while stirring in between to avoid the mixture to stick at the bottom.

Healthy! Tasty! Recommended for feeding mothers!



Baitho Ghawno

Going by its name, this Kadwai snack means a settled pudding! Comparatively long process, yet simple ingredients easily available at home. Make sure you have strong arms for continuous stirring.

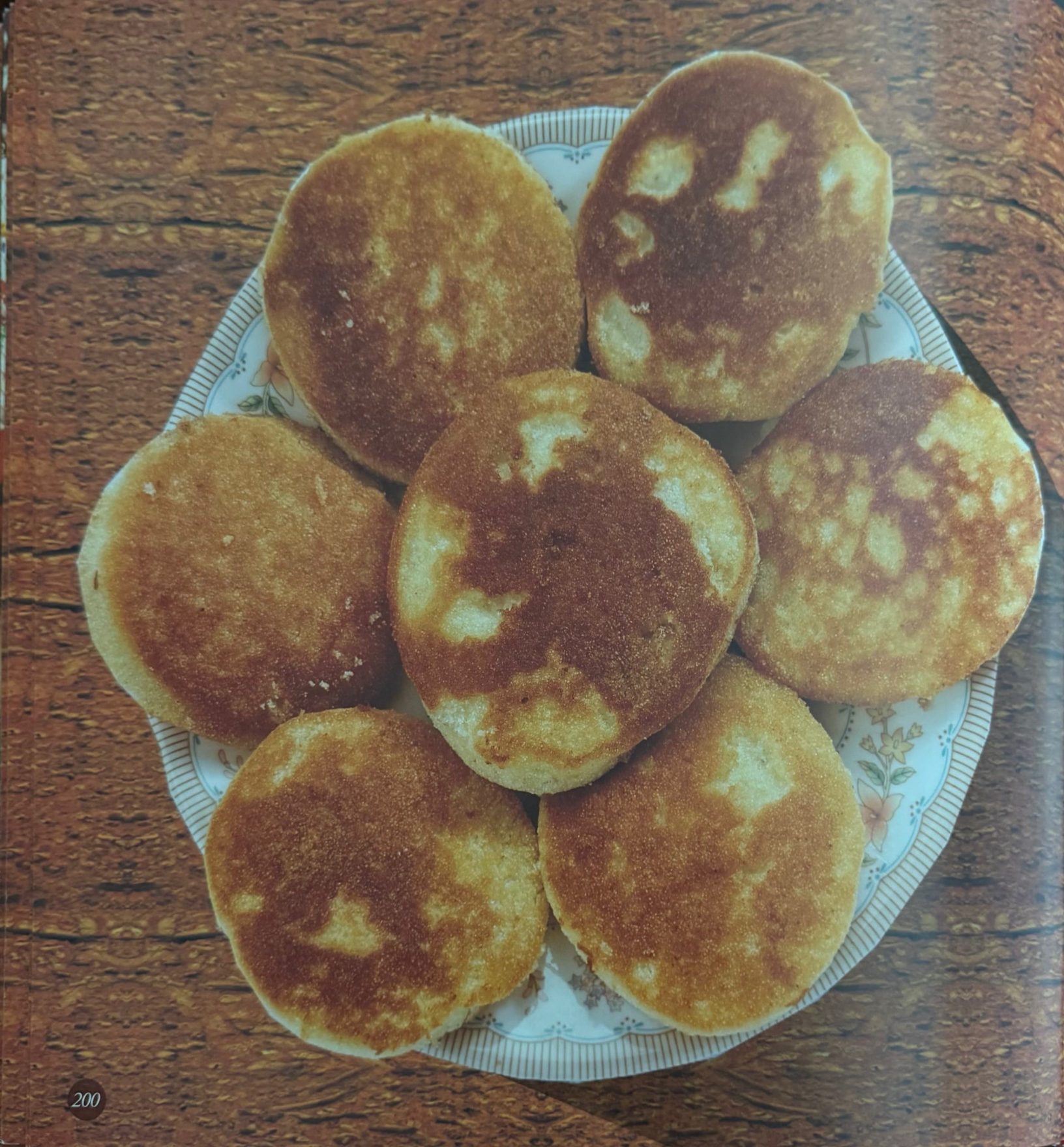
The Ingredients :

• 1 kg rice • 1 cup wheat • 1.5 kg gor *(Jaggery)* grated or pieces • ¼ litre milk • 1 fresh coconut milk • 6 eggs • Salt to taste • Pinch of haldi *(Optional)* • 2 tbsp badishape *(Fennel seeds)* • 5-6 elaichi • 4-5 dalchini • 2 tbsp ghee *(Desi)*.

The Method :

1) Soak rice and wheat overnight separately. **2)** Grind the rice with little coconut milk into a slightly coarse paste. **3)** Grind wheat with little coconut milk and extract milk from the wheat like we extract coconut milk. **4)** In a grinder or hand mixer, beat the eggs nicely. **5)** Grind the badishape, elaichi and dalchini to make garam masala powder. **6)** In a vessel, Add together rice paste, wheat milk, remaining coconut milk, jaggery, garam masala powder, normal milk, haldi, salt, and beaten eggs. **7)** Mix them very nicely. **8)** Cook all these ingredients together while stirring continuously. Ensure that there are no lumps formed. Also ensure that it doesn't stick to the bottom of the vessel. **9)** Cook till the mixture becomes dry. **10)** Once dry, carefully press the mixture evenly with the help of a spoon and put coil paper over the mixture. The coil paper will ensure that the top will not get burnt when we provice fire from up. **11)** Cover the vessel with a lid and put nice fire on the top. *Note: In Kadwai, usualy, shenputa and coconut shendi and other small pieces of wood are used to light fire on the top of the lid.* **12)** Cook for approximately 1 hour, with low flame at the bottom and low-medium fire on the top. **13)** When you sense it to be done, carefully remove the fire from the top and remove the coil paper with the help of a chimto. **14)** Now, cover the vessel with a cotton cloth and keep till its gets cool completely. **15)** Take a plate of equal area as the vessel or take a sup, and turn the vessel up side down with force. **16)** Cut into squares & serve.

Cake sarko distey pan chav, Aaah! Cake samzun Ghavnoch kapa birthdayla!



Ravyache Ghaarey

If you hear this name, run faster and grab some tissue papers to soak the oil before you start munching. Very quick tea-time snack usually made when some guests arrive without having informed earlier about their arrival.

The Ingredients :

- 2 eggs.
- 125 gram Rava.
- 4 tbsp sugar.
- 1 pinch cardamom powder.
- Salt to taste.

The Method :

1) In a bowl, mix eggs and sugar and beat them well with the hand mixer or you can run it in the mixer till the sugar dissolves.

2) Add salt and cardamom powder and mix well.

3) Add the rava and beat it well with the hand mixer or with hands.

4) In a frying pan, heat very little oil and pour the mixture with a spoon.

5) Fry Ghaarey on slow flame. Turn them in order to cook on both the sides.

Achanak pawne aile! No tension, ravyache ghaare banava ani desa garam garam!

Sutavlyachi Shev

This ancient recipe of Kadwai is quite simple yet requires a lot of patience and atleast two people. Sutavlyachi shev is basically a rice flour noodle (shev) that is made with the help of Sutawlo (Shev making unit). The perfect shev requires a long process for the dough to be of perfect form.

The Ingredients :

• 4 cup rice flour *(Made of new rice preferably)* • 2-3 cups of water • One tsp salt • Oil • For coconut mixture: **a)** One coconut **b)** ¼ dry coconut **c)** 200 gms jaggery **d)** 1 tsp Elaichi powder *(Optional).*

The Method :

Step 1: Prepare the balls

1) Take rice flour in a big bowl. **2)** First boil the water till boiling point and then pour it in the rice flour and mix it very well. **3)** Let it cool. **4)** Now knead the dough using normal water until smooth. **5)** Make balls (big potato size or cricket ball size). **6)** Take a big utensil and keep 8/10 glasses of water, add salt and boil. **7)** Slowly add the flour balls to the boiling water. **8)** Cook for 15-20 minutes and then simmer the gas. **9)** Wash the sutavlo and attach it to a wooden desk or any appropriate location. **10)** Remove one ball at a time with the gas still on and put in the sutavlo and press. **11)** Another lady should take shev carefully from below the sutavlo.

Step 2: Preparing the coconut milk

1) Scrape coconut and cut the dry coconut finely and remove milk in the mixer two times. **2)** Add jaggery to it and mix with hands. *Tip: You can also melt the jaggery and add it to the coconut milk.* **3)** Add elaichi powder.

Relish the shev by putting it in a bowl of the prepared coconut milk.

Jasti banawa ani fridge mada thawa; next day bhanpa (steam) ani kha.

Wantleli Lal Chutney

The Ingredients :

- ½ cup grated fresh coconut
- 8-10 red chillies
- 1 inch piece of fresh ginger
- 2 green chillies *(If needed)*
- 1 tsp of roasted jeera
- 1 pod of garlic
- Salt to taste

The Method :

Grind all the ingredients in fine paste using little water.

Note: In Kadwai, people use the pato to make this chutney. The taste of chutney made with pato and with mixer grinder does have little different taste.

Agdi lal, olo zhatko!

Suki Lal Chutney

The Ingredients :

- 1 kg dry red chilly.
- ½kg dried coconut.
- Salt according to taste.
- 250 grams garlic.
- 25 grams jeera.

The Method :

Roughly grind all the ingredients together.

Note: In Kadwai, people use small Okhli to make this chutney. The taste of chutney made in an Okhli does have a different taste than that made in a mixer grinder.

Lal lal, chatakdaar!

Kotbirichi Hirvin Chutney

The Ingredients :

- 1 big bunch of coriander.
- 8-10 green chillies.
- 1 pod of garlic.
- ¼ fresh or dry coconut sliced.
- Salt to taste.
- Juice of one lime *(Optional)*.

The Method :

Grind all the ingredients in fine paste using little water.

Note: In Kadwai, people use the Pato to make this chutney. The taste of chutney made with Pato and with mixer grinder does have different tastes.

Hirviiinnnn oooomph!!

The Branded Konkani Roti

Rice Aata Roti

One of the oldest ways of making a rice flour roti (tandla chi roti) is on palms. However, very few have been making such these days. You can try if your palms help you in making this roti or you can simply use a rolling pin and board.

The Ingredients :

- 2 cups rice flour.
- 1 full cup of water.

The Method :

Step 1 : Tandla chi roti on hands

1) In a vessel, boil water till boiling point. **2)** Carefully add the boiled water to the rice flour and stir nicely with a salipo or spoon till all the water is soaked by the atta. **3)** Let it cool for some time. **4)** Knead the flour till smooth dough. **5)** Apply very little water to the palm and take cricket ball sized dough and press it from sides to make it bigger. **6)** Dip fingers of other hand in water and apply on the roti and then press gently between both then hands to enlarge the roti. **7)** Heat the tava nicely, put the roti on the tava and cook from both the sides.

Step 2 : Tandla chi roti using rolling pin and board

1) In a vessel, boil water till boiling point. **2)** Carefully add the boiled water to the rice flour & stir nicely with a salipo or spoon till all the water is soaked by the atta. **3)** Let it cool for some time. **4)** Knead the flour till smooth dough. **5)** Make cricket ball sized dough & press it in the rice flour nicely from both the sides. **6)** Put on the board & make roti using rolling pin. Ig the dough sticks to the rolling pin, apply little rice flour on the roti & roll again. **7)** Heat the tava nicely & put the roti on the tava & cook from both the sides.

Chatakdar (Add-ons) Kadwai meals are usually prepared using the prepared spices; which Kadwaikarinis store for a longer time and use daily in the preparations. Let us explore the ingredients of these spices.

Tilkut

The Ingredients :

- ¼ kg black till.
- 125 gram red chillies.
- 3 big garlic pods .
- 4 tsp salt .

The Method :

1) Roast black til. Let it cool.

2) Roast chillies. Let it cool.

3) In a dry mixer jar, grind til first then red chillies, and then garlic.

4) Mix all three and add salt.

5) Store tightly in a bottle or jar.

Note: One or 2 tsp of tilkuth can be used in any vegetable. In Kadwai, usually tilkuth is prepared in an small okhli; the taste of this is slightly different than the one prepared in mixer.

Lal Masalo

Red Chilli Kokani Masala

The Ingredients :

• 3 kg red chillies *(Bedgi)* • 1 kg dhane *(Coriander whole)* • ½ cup badishep *(Fennel seeds)* • 1 cup jeera • 50 gms kala miri *(Black pepper)* • 50 gms dalchini *(Cinnamon)* • 10 laung *(Cloves)*.

The Method :

1) Dry chillies in direct sunlight for 3 days. **2)** Roast other ingredients on slow flame for 10 minutes. Let it cool. **3)** Grind everything in the dank/giran. Store tightly containers. Do not press much. Give little pressure while filling the containers. *You can use this red chilli Kokni masala for fish fry, otal, chicken, mutton, and other Kadwai recipes.*

Garam Masalo

The Ingredients :

- 2 cups dhane *(Coriander whole)*.
- ½ cup dalchini *(Cinnamon)*.
- ½ cup kala miri *(Black pepper)*.
- 20-25 laung *(Clove)*.
- 5-6 badi elaichi *(Big cardamom)*.
- 10-12 tej patta *(Bay leaf)*.
- 2 tbsp badishep *(Fennel seeds)*.
- 2 tbsp shahi jeera.

The Method :

1) Roast everything for 10 minutes. Let it cool.

2) Grind finely in dry mixer. Store in an airtight jar.

You can use this garam masala for chicken, mutton, and other recipes.

Badishep

The Ingredients :

- 1 kg saunf.
- 100 gms black pepper.
- 50 gms turmeric powder *(Haldi)*.
- 10-12 cloves *(Lawang)*.
- 4 (one inch) pcs dalchini.
- 10 elaichi.

The Method :

1) Dry everything in direct sunlight for 3-4 days.

2) In a dry mixer jar, grind finely. Store tightly in a bottle or jar.

You can use this to make Ukra.

Wantlela Khobra

The Ingredients :

- 1 wanti dry coconut.
- 1 big pod garlic.
- 1 tsp jeera.

The Method :

1) Cut coconut wanti into 4 pieces. Roast each piece on direct flame.

2) Scrape off extra burnt part. Cut into small pieces.

3) Grind coconut, garlic, and jeera together in dry mixer jar.

This can be used for aamti and chicken or mutton recipes.

Wantlela Khobra ani Kando

The Ingredients :

- 1 wanti dry coconut.
- 2 medium onions.
- 1 medium sized garlic pod.
- 2 flat tsp jeera.

The Method :

1) Cut coconut wanti into 4 pieces. Roast each piece on direct flame. Keep aside.

2) Slit onion into 4 parts. Do not cut into 4 parts.

3) Roast it on direct flame.

4) Now grind together coconut pieces, onion, garlic and jeera.

Karzache Papar

'Papar Making' those were the days! Come December and those chilly winter nights in Kadwai; you would find one house lit up, each day, with a lots of lights and abuzz with shrieks & shouts of women – a mix of ha! ha! and he! he! he!

Two friends never went alone; if one said no; other had no option but to agree with a yes!

Woman A: *Ago, tu yeshil na Papra la rati.*

Woman B: *Hoi O, tawan na ti pann yel majya ghara.*

Woman A: *Tu zaraa bes nashta thaw haan, kaay te saglyabhar 'bundi che ladooch' detaat.*

Kadwaikarinis would be very busy during the start of winter when usually new urad daal arrived in the market.

It was a big procedure : Buying the daal and other ingredients. Booking the workers *(gadi and kulwadins)* for kneading and stretching the dough. Informing all the relatives and neighbouring females about the day of Papar-making in their place. And finally drying the ready papars the very next day. Let's explore this very loved tradition called *"Karza che Papar"*.

Today 'Jainabai' is busy since morning as she has to make the paste of onion and other ingredients *(We will see the ingredients and method ahead)*. A few neighbors and family-women will gather to do this process where the doughs *(Undey)* will be made and kept in a container untill night arrives. The *Undeys* would be kept in a *Sanpta* or *Chowpora* so that they are exposed to air.

'Jainabai' has other important tasks to do : Arranging *chai-nashta* for all the ladies. Traditionally households served *Bundi che laadoo* (bought readymade from the market) along with *Kali Cha* (black tea). 'Jainabai' would still debate whether to keep *Bundi che laadoo* or sereve somewthing different! Eventually would be served *Bundi che laadoo* only.

'Jainabai' also has to arrange for the boardc and rolling pinc from the women who have them in large quantities. Some women bring their own rolling pins.

The same boards and rolling pins were then sent to the house that the 'Papar-making' was to be held at, the next day.

Post sunset say by 7 p.m, 'Jainabai's' house will be the most brightly lit house of Kadwai – with lots of bulbs in the lawn *(angna)* – where 8-10 workers (men and omen) are doing the task of softening the dough prepared in the morning.

The men usually sit down near a *Paato* (baton) on which is applied a lot of oil and then is kept on it the dough. A standing working man or woman then continuously hammers a Musal *(pestle)* on the dough. The man who is sitting keeps on changing sides of the dough and applies water and oil on it to soften it further. The dough, being very hard, has to be softened which can only be done by the efforts of a strong *gadi* (labourer) continuously hammering the dough.

This, now soft, dough is then taken by another *gadis* (man or woman labourers) and stretched by hands, using more oil to make it softer. This is a very important factor in the papar-making process.

Now if 'Jainabai' is satisfied with the softness of the dough she will permit to proceed further. The dough will then be taken by another woman apt in making round pieces *(madley)* who will smoothen the dough applying oil and spreading it into a long roll. She will then cut the roll into *madley* by using a nylon string held together by small wooden balls on both ends. These *madley* are then distributed to the ladies sitting and waiting with their boards and rolling pins eager to roll the papars. The action starts the minute they get *madley*. Kids present also enjoy, making small shapeless papars called *"Dambri"* which are then shaped properly by the women folk. All the Papads are kept in *Sups* (flat holders).

During Papar-making 2-3 rooms of the house are occupied by women. Unmarried girls usually hurry to get their favourite combination of rolling pins and boards while married women take their own sweet time coming over. Gangs of friends sit together keeping in wait good boards and rolling pins for their late coming pals. Two friends waiting for the third have few common funny dialogues: *"Azun aili nai baglas, mala bolli begin yen han, kasli kama kartai kai mhaiti. Sakal hichya sati basna ani chawo ghenaruch nai; miludey khaicho pan"!* If a woman finds a better rolling pin with a kid, she will ask the kid very lovingly to give it to her but most of the times, the kids deny.

Stock of papars in their house excites the kids and if their friends arrive with their mothers seeking some papars, they show attitudes, as if they are kings and queens of the house.

During those days absence of mobiles/telephones made these women look forward to meet at such places. It was work and leisure hand in hand. Chit Chat. Gossip. Laughter came naturally.

The sound of loud women talk would definitely give a headache to a person standing outside trying to decrypt who says what.

Then will one hear a distinct voice saying, *"Ago malka kami lawa azun mop undey baaki hait!*

When almost half of the *undey* are finished, breaks the tea interval - Tea is served to workers and women along with snacks. A usual dialogue after seeing the snack with tea, *"Kai nuste laadoo detat, kantalo ailo O laadoo bagun bagun"!* Had someone come back to the house from Mumbai, *nankhatais* would be the gift and for a change everyone would be happy that they got *Nankhatai* instead of the regular *Bundi che laadoo!* A gang of young girls would also bring things like *chiwdo* or *biscoota* from their homes to share with friends while sipping tea. And someone would say - *"Kai ti bagh aplyatuch khatait amla pan hanucha nakara kai tey"*.

Post the tea break, the process of papar-making would resume and in some time Kadwaikarinis would get bored and ask *"Azun kiti undey hait kunala mhaiti hai, kiti kilo che banawtai! Neez aili O."*

A few ladies would rush home if it was too late for them while some would stay till the end.

The women, who were too have papar-making in their homes, would declare the dates and request the ladies to come to their home too. Now it was 'Jainabai's' turn to return the favour *(Karaz)* ! And that would be done by going to the homes of all those ladies who had come to her house for papar-making. That explains the concept called *"Karza che Papar"*.

After all the women had left, 'Jainabai' would wrap up everything and keep the *papars* covered with a long saree or bed sheet. *Papars* would also be stacked, one above the other in bunches of 50 each. A collection covered and stored in the *Sup*.

The workers *(gadis)* were provided with dinner post wrap-up of the event.

Next morning the papars were carried over to a large field and left open to dry in the sun. The drying process would take about an hour. The lunch of that day was the trademark preparation : Tikat daal. Usal. Rice. Loncha and the *'last night rolled-this morning dried' fresh Papars !!!!!!*

With time, the traditional *Karza che Papar* has feebled away. Today, most of us Kadwaikarinis prefer buying *Papars* from someone who sells them in the village for a living. However there are a few households that follow the tradition even today. They make their own *Papars*, in lesser quantity though and with the help of their own people.

Having explained the *Karza che Papar* process let us now see the ingredients and understand method of *Papar* making.

The Ingredients :

- 1 kg Urad dal *(makes papars approximately:* • *Medium size 225.*
  • *Big size 200.*
- 50 gram jeera.
- 50 gram badishep *(Fennel seeds).*
- 50 gram garlic.
- 50 gram green chillies.
- ¼ kg onions.
- 1 tbsp salt.
- 50 gram papar khaar.

The Method :

1) After you buy urad dal from shop, apply little oil to it and mix well. Then dry this daal in direct sunlight for 1-2 days.

2) In a chakki, grind together urad daal, jeera, and badishep in to a fine powder form.

3) Grind together onion, garlic, green chillies, salt into fine paste by using very little water. This is called papar chutni.

4) In the chutni, add papar khaar and mix well.

5) In the morning *(at least 8-10 hours before making papars)* lay a *Kitaan* or an appropriate sheet on the floor and mix together the flour and chatni paste and make a dough by using oil. Make oval shaped medium sized doughs called *undey* and apply oil on them and keep the *undey* in a sanpta . Keep them covered on the top.

6) In the evening take out each dough and hammer heavily on it using *pata* and *musal* to make them soft.

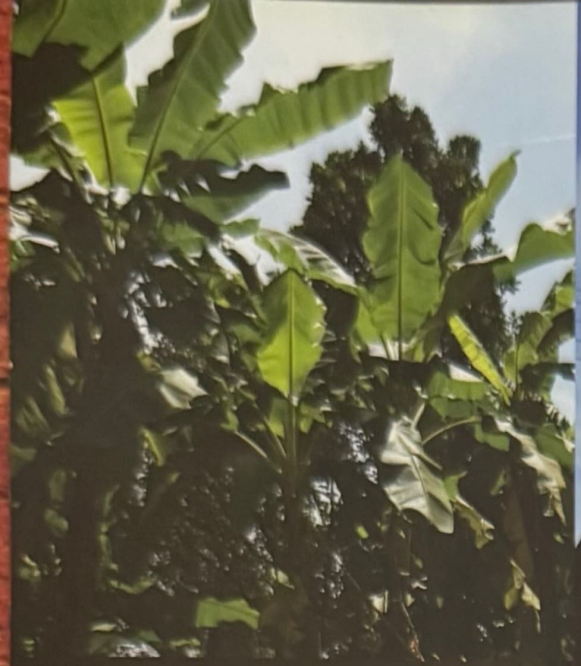
7) Them take out the dough and stretch it betwenn both hands using water and oil appropriately. When the dough becomes smooth, make round shaped dough and give it for making *madley.*

8) Cut small *madley* and dip them in rice flour and using a rolling pin, make papars of appropriate size.

9) Keep the papars covered for a night *(10-12 hours).*

10) Next morning *(Approximately 10-12 hours later)* dry the papars in sunlight until they become curbed and properly dried. It should take approximately one hour in good sunlight.

11) Make *judis* -bunch of papars and keep them in a container *(Tin).*



Lonchi
(Pickles)

Lonchi or pickles are the most favourite accompaniments of Kadwai meals. Kadwaikarinis prepare and store different types of lonchi for a long time. Let us explore the list.

I ♥ KADWAI
Kadwai meri jaan

Ambyacha Loncha

Usually prepared when raw mangoes are available (March-May). Kadwaikarinis usually prepare two types of mango pickles – small pieces and chapam (big mango pieces). The ingredients for both are same.

The Ingredients :

• 25 raw mangoes *(for chapam, take small raw mangoes whichdo not have hard seed inside them)* • 100 gm salt only to apply to pieces • 100 gm garlic • 100 gm raii • 150 gm sugar • 150 gm red chilli powder *(dry red chillies in direct sunlight for 1-2 days and grind them coarsely)* • 25 gm jeera • 25 gm black pepper • 1tsp haldi • 1tsp hing • 1tsp methi powder • 2 tbsp salt • 6 laung • ¾ kg oil.

The Method :

1) Cut mangoes into small pieces. For chapam, slit mango in four pieces. **2)** Apply 100 gram salt to mango pieces and keep covered for two days. **3)** After two days, remove the pieces from salt water. **4)** Heat oil in a vessel and keep it to cool down completely. **5)** To the mango pieces, add garlic, haldi, red chilli powder, hing, methi powder, sugar, and mix nicely with hands. For Chapam, mix the masala and fill masala inside the slit mangoes. **6)** Grind together raii and jeera into coarse powder and add it to the pickle mix. Mix nicely with hands. **7)** Grind black pepper and laung and add it. Add salt and again mix well. **8)** Add cooled oil and mix the pickle really well with both the hands so that the masala is applied evenly to all pieces. **9)** Make sure that enough oil is added to the pickle. **10)** Fill the pickle in bottle and add the remaining oil on the top of it. Do not press the pickle in the container. **11)** Keep it for atleast 3-4 days and mix it once a day. **12)** After 4 days, you can start eating the pickle. *Note: Ensure that there is always enough oil in the pickle otherwise it will become dry and might degrade. If you will add oil later, the pickle will leave smell of oil hence it is suggested to put enough oil when you prepare the pickle.*

Nibwacha Loncha

Usually prepared with juicy lemons.

You have to ensure that you remove the seeds of the lemons carefully; otherwise the pickle might become bitter in taste.

The Ingredients :

• 25 lemons.
• 4-5 tbsp salt.
• ½ Tipri (½ cup) red chilli powder – Dry red chillies in direct sunlight for 1-2 days and grind coarsely.
• 1 kg sugar.
• ½ glass water.

The Method :

1) Cut lemon into 8 pieces. Remove seeds.

2) Mix together the cut lemons and salt nicely and keep in closed for 2 days.

3) After two days, you will see the salt mixed in lemons nicely and add sugar and red chilli powder and mix well.

4) Boil for 15-20 minutes and let it cool and keep it covered in the same vessel for one day.

5) Next day, store in a jar. Ready to eat preferably after 3-4 days or even immediately.

Ukramache Aambe

Kadwaikarinis not only enjoy mangoes in its season, but they also make a variety of it and store for a long time to relish when mangoes are not around. Ukramache aambe or sweet mangoes is one such variety. Let us explore how are these prepared.

The Ingredients :

- 15 raw mangoes.
- 100 gram salt.
- Water.

The Method :

1) Boil water and add the washed mangoes.

2) Cook till they pop up and the remove and keep for cooling.

3) In a glass bottle, take cold water and add salt. Put the cold mangoes in this.

Note: Water should be above the mangoes. Store in a cool n dry place. Change water every month. Can be stored for as long as a year or more. These mangoes can be used to make khaar or can be used to give sour taste to gravies.

Meeryacha Loncha

Kadwaikarinis prepare green chillies pickle and it is usually eaten as an accompaniment with other recipes. You can simply relish it with roti as an instant stomach filler. Make sure the chillies are not too spicy before preparing the pickle.

The Ingredients :

• ¼ kg Green chillies long ones • 1-2 tbsp salt • 100 gram Rai daal • One cup oil • 2 pods of garlic • Pinch of haldi.

The Method :

1) Wash green chillies well and wipe them and make them dry. **2)** Cut all chillies in small pieces and take them in large bowl. **3)** Coarsely grind rai daal in mixer and n keep it aside. **4)** Clean garlic and grind coarsely. **5)** Now add salt and turmeric to chillies with ground rai and garlic. Mix well with hands and add oil slowly till all the masala is mixed well with chillies. Mix well with hands. **6)** Take a clean glass bottle and put the pickle in bottle. Wait for 3-4 days to serve. *Tip: Keep some space in bottle as within 2 days the oil of pickle comes up so keep some sufficient space in bottle do not fill bottle till top or else oil might spill out of bottle.*

Another version of mirya cha loncha with some more ingredients is as follows: • ½ kg hari mirch • ½ kg oil • 100 gm mohri daal • 2 tbsp jeera ground coarsely • 2 tbsp methi powder • 2 tbsp mohri moti ground coarsely • 4 tbsp salt • 1 tsp haldi powder • 50 garlic flakes ground • 25 garlic flakes crushed and cut into small pieces

The Method :

1) Wash green chillies well and wipe them and make them dry. **2)** Cut all chillies in small pieces and take them in large bowl. **3)** Add all the ingredients except cut garlic pieces and oil and mix them really well with hands. **4)** In a vessel, heat the oil and add garlic pieces into it. Let it cool. **5)** Add the oil with garlic to the green chilli mixture and mix well with hands. **6)** Take a clean glass bottle and put the pickle in bottle. Wait for 3-4 days to serve.

Tip: Keep some space in bottle as within 2 days the oil of pickle comes up so keep some sufficient space in bottle do not fill bottle till top or else oil might spill out of bottle.

Kardacha Loncha

Usually prepared when raw karda are available (March-May). Kadwaikarinis karda cha loncha in a almost similar way as mango pickle.

The Ingredients :

• 4 cups of raw karda • 100 gm salt only to apply to pieces • 100 gm garlic • 100 gm raii • 150 gm sugar • 150 gm red chilli powder *(ry red chillies in direct sunlight for 1-2 days and grind them coarsely)* • 25 gm jeera • 25 gm black pepper • 1tsp haldi • 1tsp hing • 1tsp methi powder • 2 tbsp salt • 6 laung • ¾ kg oil

The Method :

1) Remove the stalk of karda and wash them well. Drain and dry it with cotton cloth. **2)** Pound slightly and apply 50 gram salt to karda and keep covered overnight. **3)** Next day, press and squeeze the seeds from karda. **4)** Now apply 50 gram salt and again keep covered overnight. *Note: Next day, if you see Kardas discharge any water or juice, discard this.* **5)** Net day, heat oil in a vessel and keep it to cool down completely. **6)** Add garlic, haldi, red chilli powder, hing, methi powder, sugar, and mix nicely with hands. **7)** Grind together raii and jeera into coarse powder and add it to the pickle mix. Mix nicely with hands. **8)** Grind black pepper and laung and add it. Add salt and again mix well. **9)** Add cooled oil and mix the pickle really well with both the hands so that the masala is applied evenly to all pieces. **10)** Make sure that enough oil is added to the pickle. **11)** Fill the pickle in bottle and add the remaining oil on the top of it. Do not press the pickle in the container. Keep it for atleast a week. Stir the pickle in between, once a day. **12)** After a week, you can start eating it and refrigerate.

Note: Ensure that there is always enough oil in the pickle otherwise it will become dry and might degrade. If you will add oil later, the pickle will leave smell of oil hence it is suggested to put enough oil when you prepare the pickle.

Aambyacho Khaar

This Kadwai variety of mangoes is on the top list of accompaniments. You can relish it as is or with any lunch or dinner. Make sure, you do not eat too much; or you will feel sleepy in some time.

The Ingredients :

• ½ kg raw mangoes.

• 750 gram gor *(Jaggery)*.

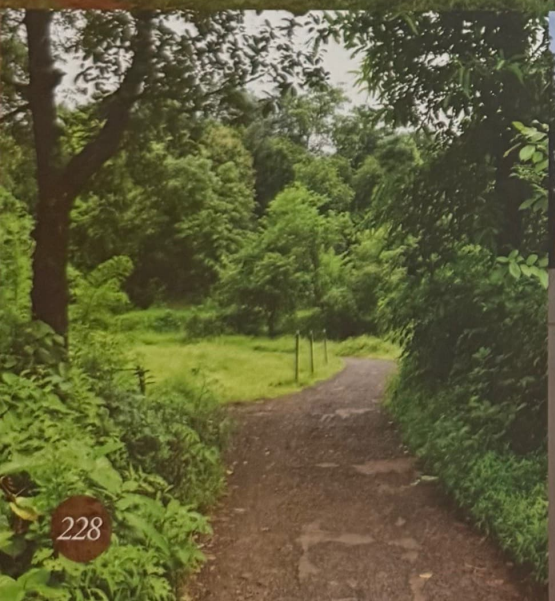
The Method :

1) Heat water in a steel vessel and bring to boil.

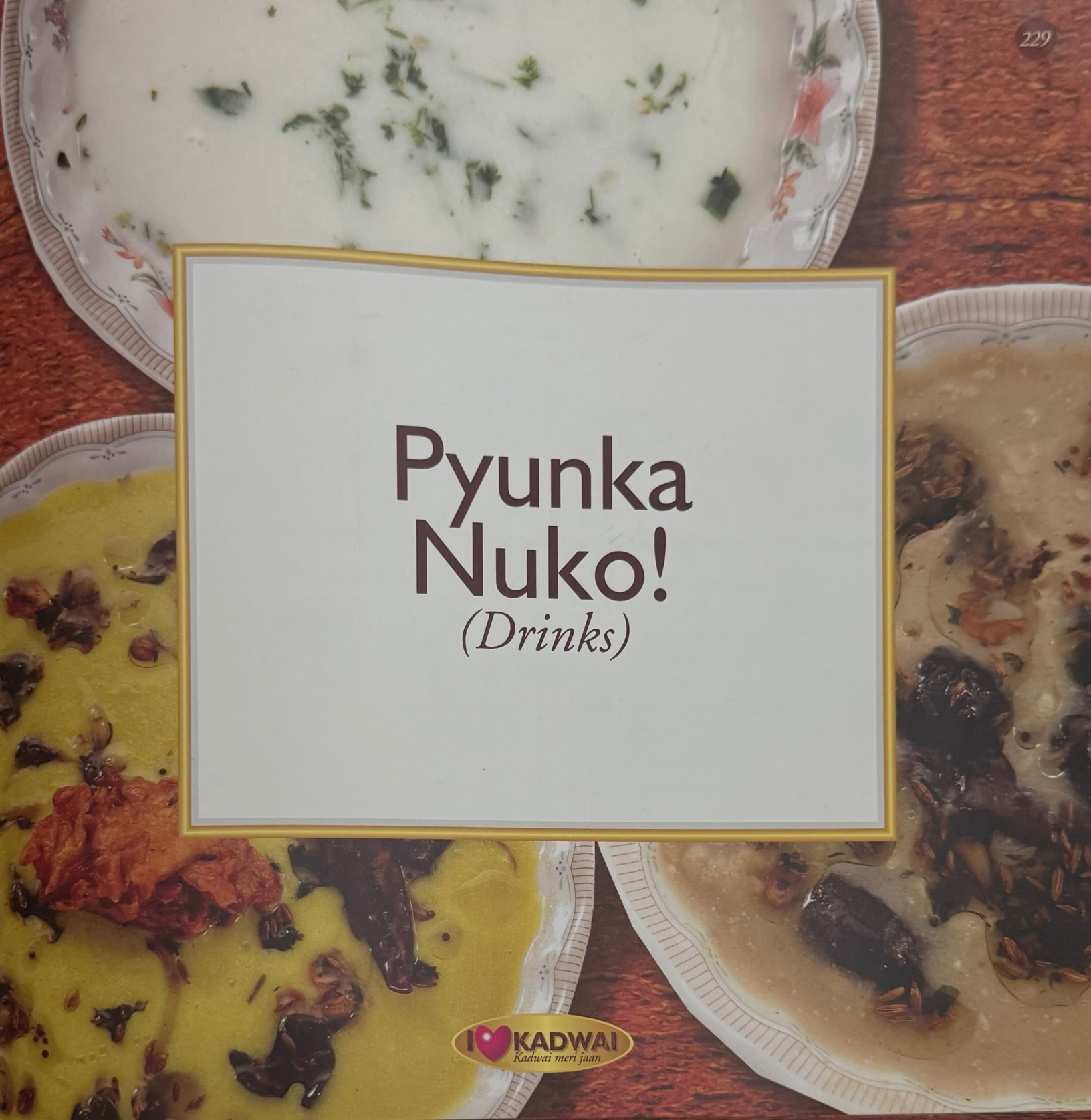
2) Add the washed raw mangoes. Boil till soft.

3) Drain water once cool and mash the mangoes and remove the skin and seed.

4) In the mash add gor, mix well and serve chilled.



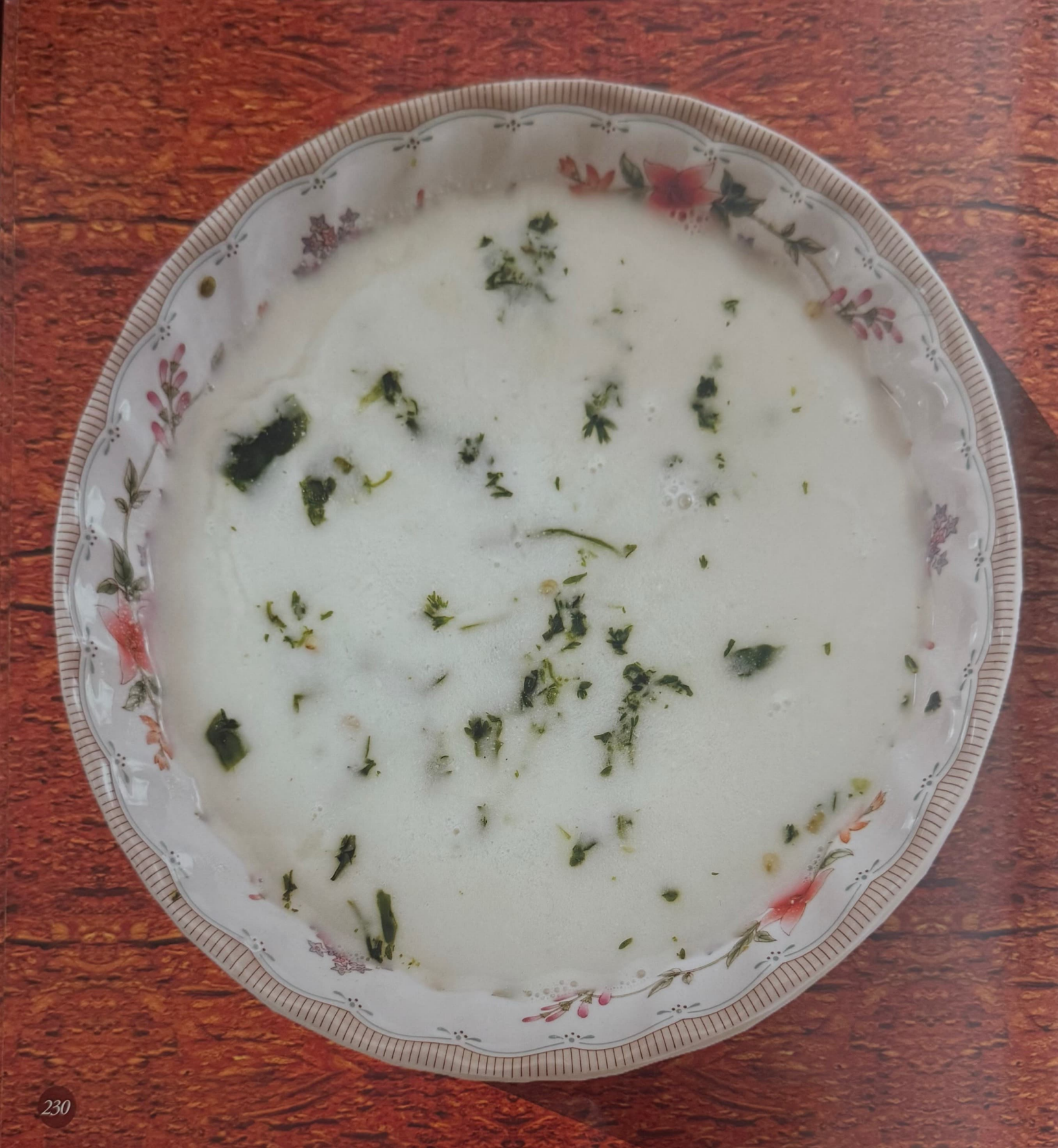
THE EDUCATION SOCIETY, KADWAI'S
EDUCATIONAL CAMPUS



Pyunka Nuko!

(Drinks)

I ♥ KADWAI
Kadwai meri jaan



Rawavlela Taak

The Lassi and Chhas (Taak) isn't bound to just Punjab. It is also a famous drink of Kadwaikars. Most of them also eat rice with taak. In earlier days, almost every home used to prepare Taak on Tuesday, as there is Mangalwar bazar (Tuesday Market) in the village. They used a big Matka and some stick and strings to make the Taak in earlier times. Nowadays, our women use the usual mixer grinder to prepare the same. Some spices are added to give it a tastier touch, and you will find it better than Amul or any other readymade Taak. Healthier and Tastier! Usually, Kadwaikarinis store the malai or shiru that comes on the milk – this is called irzan. The irzan is stores in the refrigerator. When there is enough irzan, they start preparing the taak in the mixer. The irzan is kept outside the refrigerator a few hour before preparing the taak. The irzan is mixed with appropriate amount of water in the mixer. The thick mass that comes up floating on the taak is called loni; which is later heated to prepare homemade ghee. Another short way to prepare taak is by using the curd. Let us explore how Kadwaikarinis prepare taak with curd.

The Ingredients :

- ½ kg curd.
- 2 green chillies.
- 6-8 cloves garlic.
- Little coriander.
- 1 tsp dhana jeera powder *(Optional)*.
- Salt to taste.

The Method :

1) Take curd in a bowl. Beat it well. Add enough cold water to get thin consistency. You can also mix in a mixer.

2) Now take mortar and pestle *(Haman dasto)* in that crush garlic cloves, green chillies, coriander, and salt. You can also grind them in a mixer coarsely by adding little buttermilk.

3) Add this crushed masala to buttermilk. Chill and serve.

Thanda thanda cool cool! Healthy ani Tasty!

Phorachi Curry

Phora chi curry is a favourite accompaniment of the lunch times of Kadwai, which Kadwaikars not only relish with rice, but they also drink it as is. Prepared with simple spices, phora chi curry (black kokum curry) is usually relished with fried fish.

The Ingredients :

• 12 to 15 kokums soaked in water for 30 minutes • 10 cloves of garlic chopped • 1 tsp rai • 1 tsp jeera • Few curry leaves • 5-6 tbsp Curry Masala *(You can make more masala and store in refrigerator and use for next time).*

a) ½ wati fresh or dry coconut sliced.

b) 1 pod of garlic.

c) 3-4 green chillies.

d) 2 tsp jeera.

• 2-3 tbsp rice flour mixed with water • Salt to taste • Some coriander.

The Method :

1) Grind the curry masala into fine paste by using little water. Keep aside.

2) In a vessel, heat oil & add jeera, rai, chopped garlic, curry leaves & let it splutter.

3) Add the curry masala and fry for 2-3 minutes till the masala leaves oil.

4) Add kokums with water and bring to boil.

5) Add rice flour mix & boil for some time.

6) Add salt and adjust water as per consistency.

7) Cook for some more time and take off flame.

8) Garnish with coriander.

Sawad zhaili na; next time jasti banawa!

Taakachi Curry

Taaka chi curry or buttermilk curry is another excitement in the curry range of Kadwai. Made with simple ingredients it is an experience to be relished with fried fish or kanda bhaji.

The Ingredients :

• ½ litre buttermilk • 2 tsp haldi • 1 big onion sliced • 2 tbsp besan *(Chane ka aata)* • Some chopped corriander • Salt to taste • For Curry Masala *(You can make more masala and store in refrigerator and use for next time)* **a)** ½ wati fresh or dry coconut sliced **b)** 1 pod of garlic **c)** 3-4 green chillies **d)** 2 tsp jeera e) A small piece of ginger • Ingredients for bagaar or tadka: **a)** 10 cloves garlic chopped **b)** 2 tsp jeera **c)** 1 tsp rai **d)** 2 dry red chillies **e)** Few broken curry leaves.

The Method :

1) Grind the curry masala into fine paste using little water. Keep aside.

2) In a vessel, heat oil add fry onions till light golden brown.

3) Add curry masala and fry for 3-4 minutes till masala leaves oil.

4) Add buttermilk and mix well. Cook for 2-3 minutes.

5) Mix besan in water ensuring no lumps are formed. Add it to the curry now & mix well.

6) Cook for about 15-20 minutes. Don't forget to keep stirring and on low flame.

7) In a small vessel or tadka pan, heat oil and add jeera, rai, and garlic, curry patta, red chillies, when it splutters, add this bagaar over the curry and cover immediately.

8) Switch of the gas as well.

You can make some onion pakodas with this and chanya chi aamti or chawli chi aamti or shirailya chi bhaji.

Garam garam curry mada bhajo takun piya!

ACKNOWLEDGEMENTS

Main akela hi chala tha janab-e-manzil magar, log saath aate gaye aur karwan banta gaya!

We are not alone, we have walked together and worked together!

This book would not have been possible without the contribution of our Kadwaikarinis who came forward from their daily household routine and shared their recipes to let the world know the culinary delight that Kadwai has to offer.

The recipes you see in this coffee table book are made by these wonderful ladies and brought over for the photoshoot. One day to the Fazlani residence and yet another day, the very next week, to the Kazi residence, both in New Mumbai. Let's appreciate the fact that these lovely Kadwaikarinis came from all over Mumbai and beyond it too. Some by cars driven by themselves and others by trains, buses and auto-rickshaws. One motto behind all this hard work is just a clean ***niyaah***, a feeling of togetherness and the bond of love for Kadwai that we all share.

It won't be a surprise if this book travels around the globe to every country that Kadwaikars have reached out to in their endeavor for better prospects, be it education or business. It would be a delight to gift this book to friends, extended families, business partners & associates. In fact anyone around the world, of any nationality, would simply be delighted to receive this book.

Yes, Kadwaikars have spread all over the world, now its Jaiqa-e-Kadwai's turn to adorn the coffee-tables, kitchens and restaurants of the world. And the credit for it goes to the Kadawikarinis who slogged to get the spirit of Kadwai's Cuisine on paper, only to excite taste-buds internationally and ofcourse touch hearts. So, let's see who are these great Master Chefs of Kadwai who have given their amazing contribution to create this coffee-table book of Kadwai's culinary delights.

- **Misbah Asad Kazi:** *"O Mummy, begin chala, late hotai sagli aili astil nashti ghen."*
- **Shakila Farook Fazlani:** *"Hoi beta, zhaila 5 minutes bass, zara dudala aawat yewnde ma nigucha, parat yet sarr late hoil na murel dud yewda!"*
- **Bilquis Sikander Juvale:** *"Assalamualaikum Nilofer, kashi hais, mop dishin milluw nai!"*
- **Nilofer Sajid Modak:** *"Valekum as salam Bilquis aapa, hoi manga shadi mada millu hotu nai. Gulshanara Aunty nai aili azun."*
- **Gulshanara Hussain Modak:** *"Ago baai hi bagh ailu, kai paus lagtai trains late na hunu ushir zhailo. Nigalu time war gharatni. Zaiba nai aili azun mala bolli pochtav ba."*
- **Zaiba Muazzam Juvale:** *"Gulshan aunty me ailu tumchya adi, aant bedroom mada, Zainabaapa sangaat baat karat hotu."*
- **Zainab Badruddin Modak:** *"Kiti bes wattai MashAllah sagli eka maqsad sathi ami ek zhailuwn asa get together karuka hawain kawan kawan nai Maihmuna aapa?"*

• **Arshiya Farhad Modak :** *"Mummy, Papa ni list delen hoti ti check keli,sagle recipes shoot jhaile haan Al hamdulillah. Bombil fry Kadwai chi dish nai hai hunu cancel kelan saglyani, pun aamchya Lotechi dish hai O!"*

• **Mahatalat Nasir Dave :** *Bhoplyacho khaurus ani chicko hanle khare pan majya matar tumchya saglyachya sangteen aili.*

• **Nafisa Irfan Chikte :** *Aaj mala samajla ami Kadwaikarini kay kay karu shaktu. Looks pan, taste pan.*

• **Maimuna Nizam Kazi :** *Hoi tey, saglyani Kadwai chi nashti banan hanuchi ani party karuchi. Gharat basun kantalo pan yete nai kai go Nilofer.*

• **Nilofer A Khalfey:** *Khara bollew ata hey photoshoot zhaila ma ami next meeting khai karuchi tey decide karu . Tumi yaal na Aziza khala.*

• **Aziza Hasan Kazi:** *In Sha Allah koshish karin. Majyan jhepla tey zarur yen. Kai go Dilnawaz, sasus nai aili, icharlanw sang han. Salam bol maji.*

• **Dilnawaz Rafiq Juvale:** *Nai Aziza Aunty, mummy nai yew shakle. Pori hait na gharat ekte. Ago Farheen aapa, tuza phone kawa pasun lawtaw, lagat nai sa.*

• **Farheen Irfan Modak:** *Ago hoi silent war hota atta aat shirlu ani bagle tuje missed call. Aili sagli, meeting chalu karuchi? Mumtaz aapa nai shi disat hai. Paus pann lai hai zara thambucha tila.*

• **Mumtaz Raja Modak:** *Ago baikanu ailu O, mi late zhailu, kai tey ek pann riksha yenwka tayar nai, kiti time gelo. Mich late latif hanw ki azun kon baaki hai? Main liknara manus nai ba disat, Tazeen khain pochli!*

• **Tazeen Zubair Kapdi:** *As salamualaikum Misbah! Ago tumi suru kara, me train mada hanw, mala pochuka azun ardo taas zael :-)*

Apart from these ladies some offline helping hands, those who sent the recipes or collected much needed information, are as follows:

- **Dilshad Sikander Modak.**
- **Farida Hamid Kazi.**
- **Naseema M Hanif Kazi** *(Kolhapur).*
- **Zohra Ismail Kazi.**
- **Anjum Ashraf Chikte** *(South Africa).*
- **Nausheen I Bhombal.**
- **Fizzah Zuber Modak.**
- **Mumtaz Sikander Bhombal** *(Kolhapur).*
- **Dilshad Munawar Modak** *(Kolhapur).*
- **Rehana Rashid Modak** *(Kolhapur)*
- **Sharifa Jainuddin Modak** *(Kolhapur).*
- **Aziza Mahmud Modak** *(Karad).*
- **Nilofer Abdul Qadir Juvale.**
- **Farzana Munawwar Juvale.**
- **Noorbanu Liyakat Modak.**
- **Rabia Mahmood Sawant.**
- **Nasima Kazi Ali Kazi.**
- **Saira Banu Siraj Bhombal.**
- **Nazneen Saeed Sawant.**
- **Iffat Siddique Tabme.**
- **Rubina Munawwar Modak** *(Residing in Kolhapur yet she took the onus on herself to help collect the recipes & send them to Zainab B Modak in Mumbai)*
- **Thaiseen Wasim Modak.**
- **Zubeda Modak.**
- **Sameera Mushtaq Sawant.**
- **Gulnar Ashraf Modak.**
- **Ruksana Fakir Bhombal.**
- **Meenaz Abdul Karim Upadhye.**
- **Nida Irfan Chikte** *(Busy doing her Architectural studies yet ever online to collect incoming info).*

A big 'Thank You' O Honourable Ladies for your contribution in creating this book.

IN THE NAME OF THE ALMIGHTY. THE EVER GRACIOUS. THE EVER MERCIFUL.

'O Kadwai-ites'!

Welcome to the unison
of mind and heart.

Welcome to frankness
of expression and action.

Welcome to the willingness
to sacrifice time and effort.

Welcome to Blooming Earth.
Welcome to a Blooming Kadwai,
In Sha Allah.

Kadwai, the Village.

Our native land : An Agriculture & Floriculture spread amidst the Sahyadris. Red earth watered by stormy rains, ever flowing river water, innumerable wells and the moisture retaining wet lands.

Us, the People.

A land owning, agricultural community. A global sea-faring Merchant Navy commune. And across the globe spread Doctors. Architects. Software Engineers. Professionals. And Entrepreneurs.

Our Homes.

300+ designed & constructed by the villagers themselves. Every home held together by ever lasting 'Saag' wood and red mud 'Zambha' earthy bricks.

Let knowledge prevail!
blooming KADWAI
KNOWLEDGE & NATURE TRUST

The Vision

To make Kadwai self-dependent by making Knowledge, Mankind & Nature bloom for ever in Kadwai, *In Sha Allah.*

To bring about the realization that mankind is Allah's work force and thus help mankind achieve it's Divine Potential, In Sha Allah.

The Governance

By the "*Shariah*" with duas for Allah *Subhanowata'alah's* Guidance & Mercy.

Let knowledge prevail!
blooming EARTH
TRUST KNOWLEDGE & NATURE
उमलती पृथ्वी

The Missions

A Society/Co-operative/Corporation of which every Kadwai-ite is a member.
And through the togetherness of hearts & minds help the natural resource of Kadwai Bloom:

MISSION 1

• Education

Enhanced academics that make knowledge desirable. Result : Wisdom.

MISSION 2

• Waste Management.

MISSIONS 3/4/5/6/7....
endless, In Sha Allah

• Co-operative Land Bank & Projects :
- Organic Farming: *Agriculture/Fruiticulture/Floriculture.*
- Cattle Breeding: *Cows/Buffaloes/Goats/Sheep Breeding.*
- Dairy: *Milk & Associated Products.*
- River & Ocean Products.

• Natural Resource Preservation.
• Solar Power Generation & Supply.
• Rain water harvesting.
• Unani Herbalscape.
• Village & Cruise Hospitality.
An exclusive Hospitality Experience.
• Kadwai International Professional Academy :
Marine. Software. Brand Empowerment. Hospitality. Tourism. Entrepreneurship.
• Shipping
• Creating Companies.
• Out Sourcing.
• Internal Resource of Man Power Teams.
• Retailing.
• Brands & Brand Franchising.
Creation/Development/Management/Extension.

To fulfill these missions is to change the way we look at our beloved Kadwai. The past has to guide us to the future. Dreams need to be worked on to fruition. Blooming Earth is ushering in a revolution that will change Kadwai for the better. However all that is envisioned cannot happen with out you and your time. Your efforts. Your ideas. Your participation. Your contributions.

Come join the Blooming Earth Kadwai movement! Willing to be a Donor, Volunteer or a Beneficiary! Please write to *info.bloomingkadwai@gmail.com* or visit *www.bloomingearthkadwai.com* today!

ALL COPYRIGHTS OF THIS BOOK ARE OWNED AND BELONG TO BLOOMING EARTH. NO IMAGES OR TEXT CAN BE REPRODUCED UNLESS PERMISSION IS GRANTED BY BLOOMING EARTH.

WITH BEST COMPLIMENTS FROM
MODAK LABORATORY

&

Yasmeen Dingankar

Nasreen Patankar

Shireen Khalfay

Tazeen Modak

Daughters of Mrs. Khatija & Mr. Bawa Modak
(Bhatla)

I ♥ KADWAI
Kadwai meri jaan

Minitek

HYGIENE MAKERS

AN ISO 9001:2008 & ISO 14001:2004 CERTIFIED COMPANY

☆ TLC : TOLIET CLEANER ☆ CDD 1: FLOOR CLEANER DEODERIZER
☆ CLEENS: GLASS CLEANER

☆ SANIWASH : LUXURY LIQUID HAND WASH
☆ AB CLEANER : INSTANT HAND SANITIZER

☆ SUDET : LIQUID DISH WASH ☆ NOX: BLEACH
☆ SPL : LAUNDRY DETERGENT CUM BRIGHTNER

&

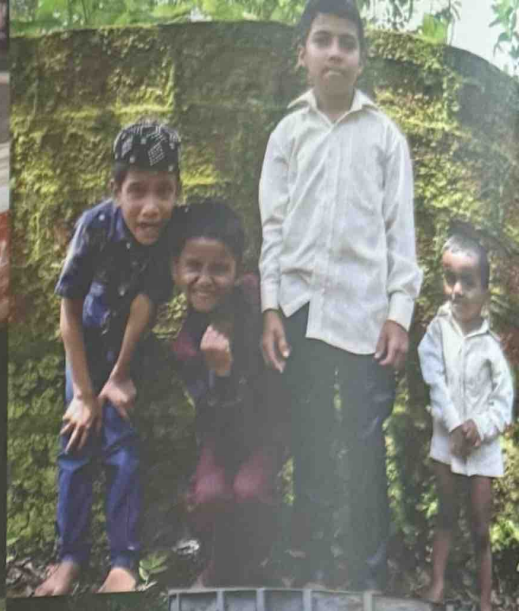
MFGRS. & DEALERS IN: Hygienic Products, Cleaning & Deodorant Items & Chemicals.

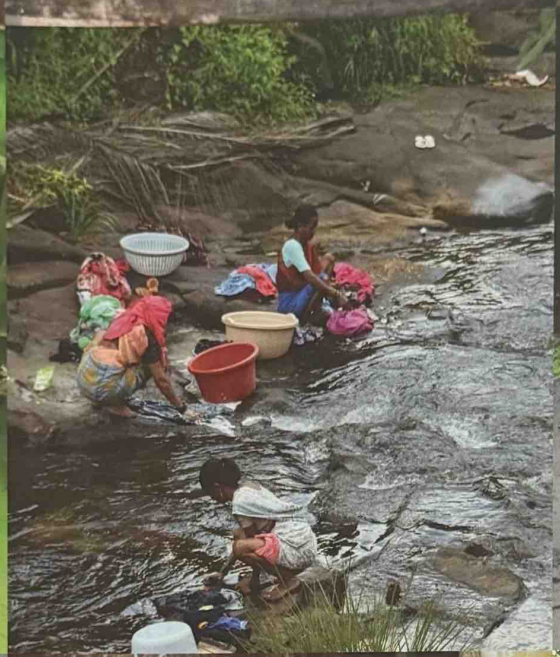
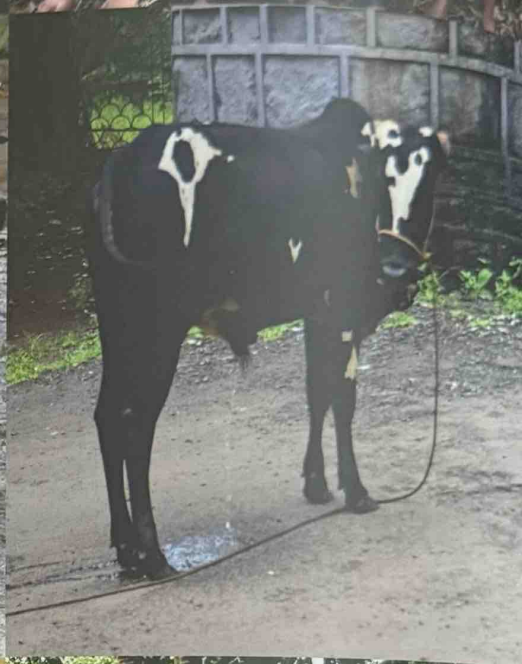
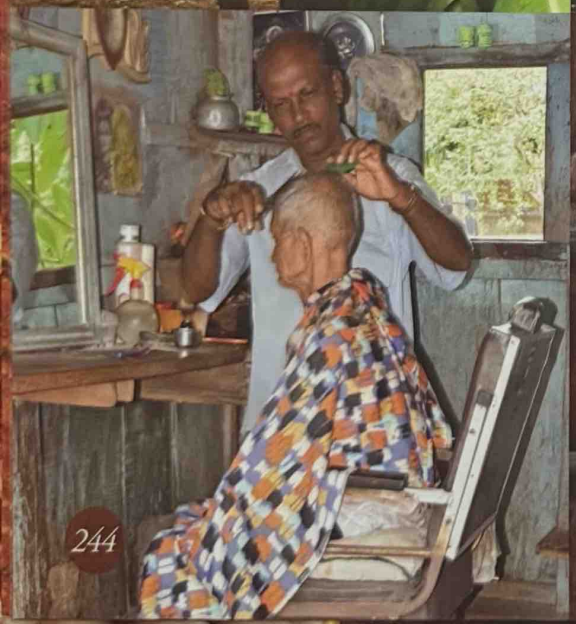
SPECIALIST IN: Products for Hotels, Hospitals, Pharmaceuticals, Facility Management Services, Dairies, Soft Drinks & Sugar Industries.

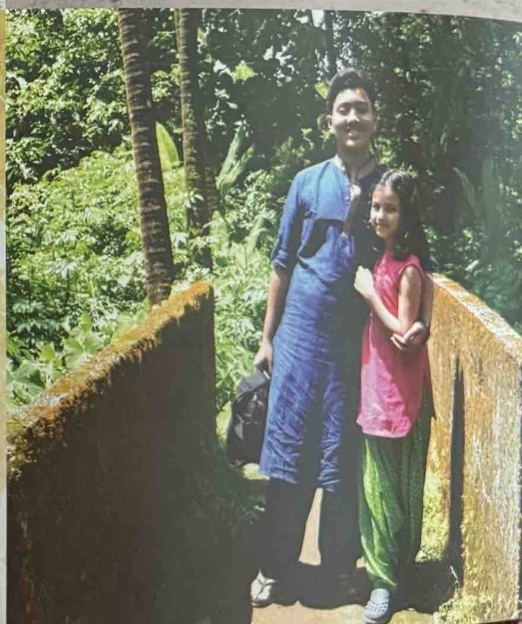
Contact details:

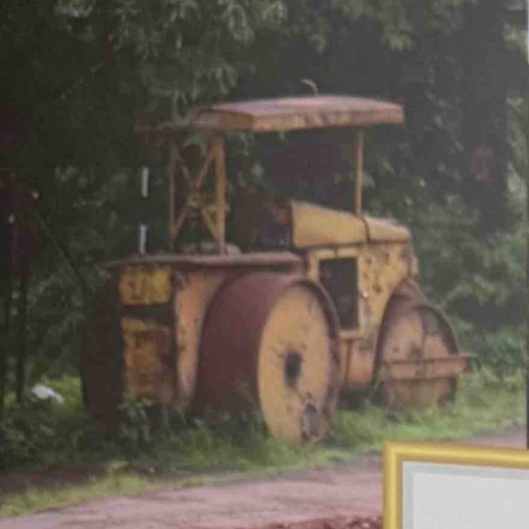
Ph: 26736220, Tel. Fax.: 26735061 M: +91 9892159365

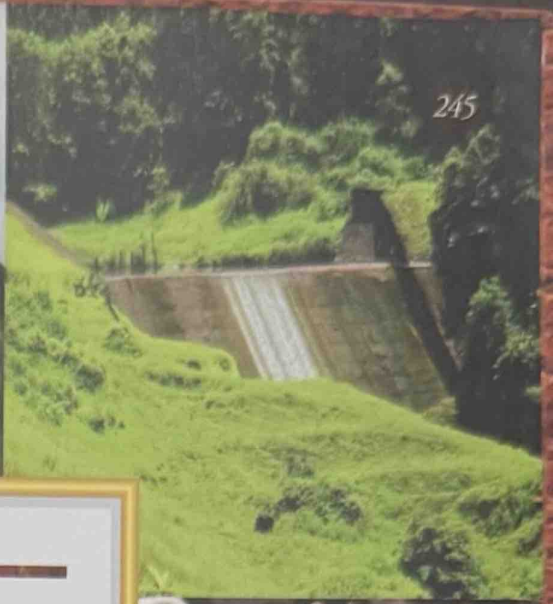
Email: hygiene@minitek.org









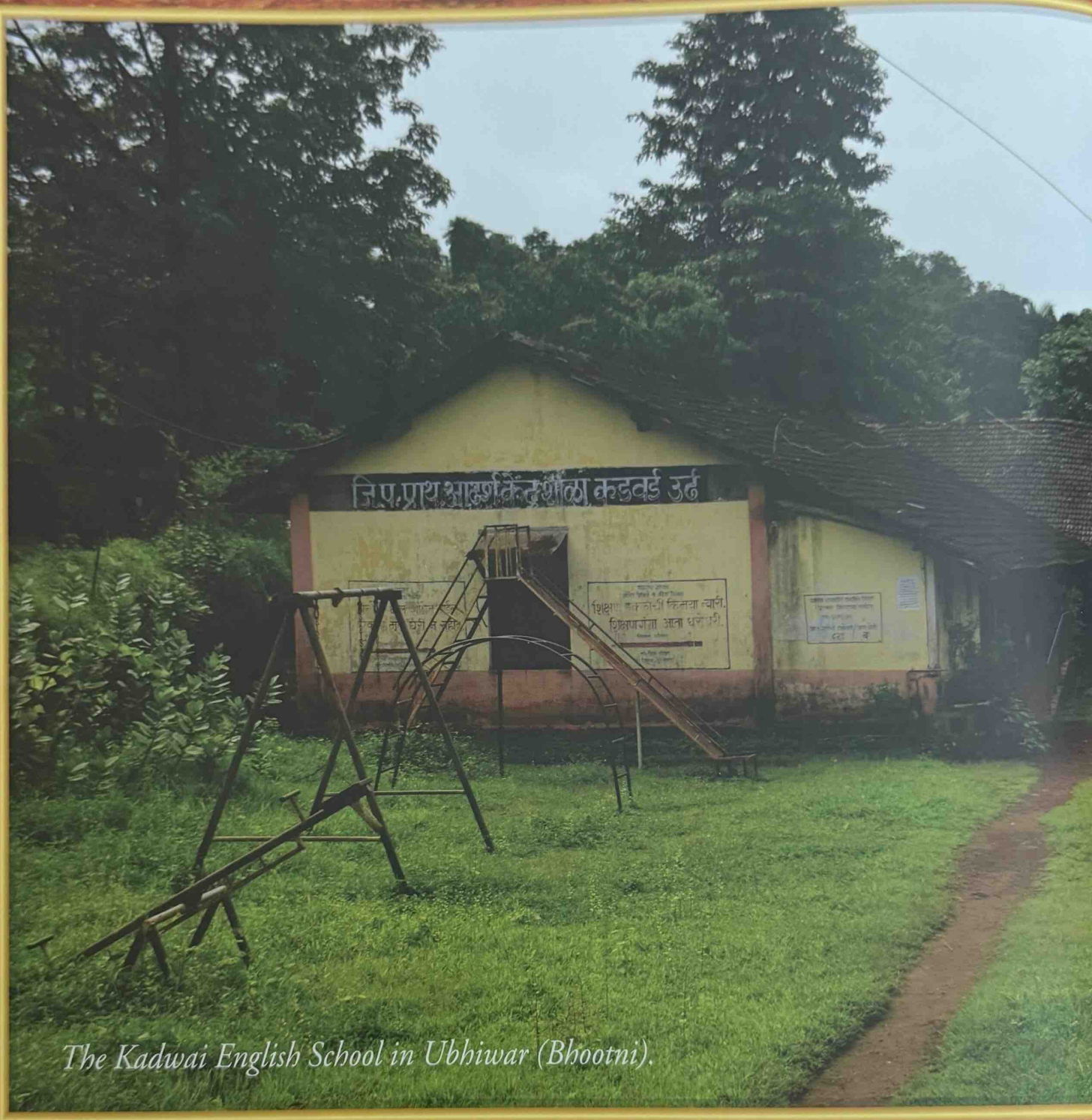
Kadwai

A walk down

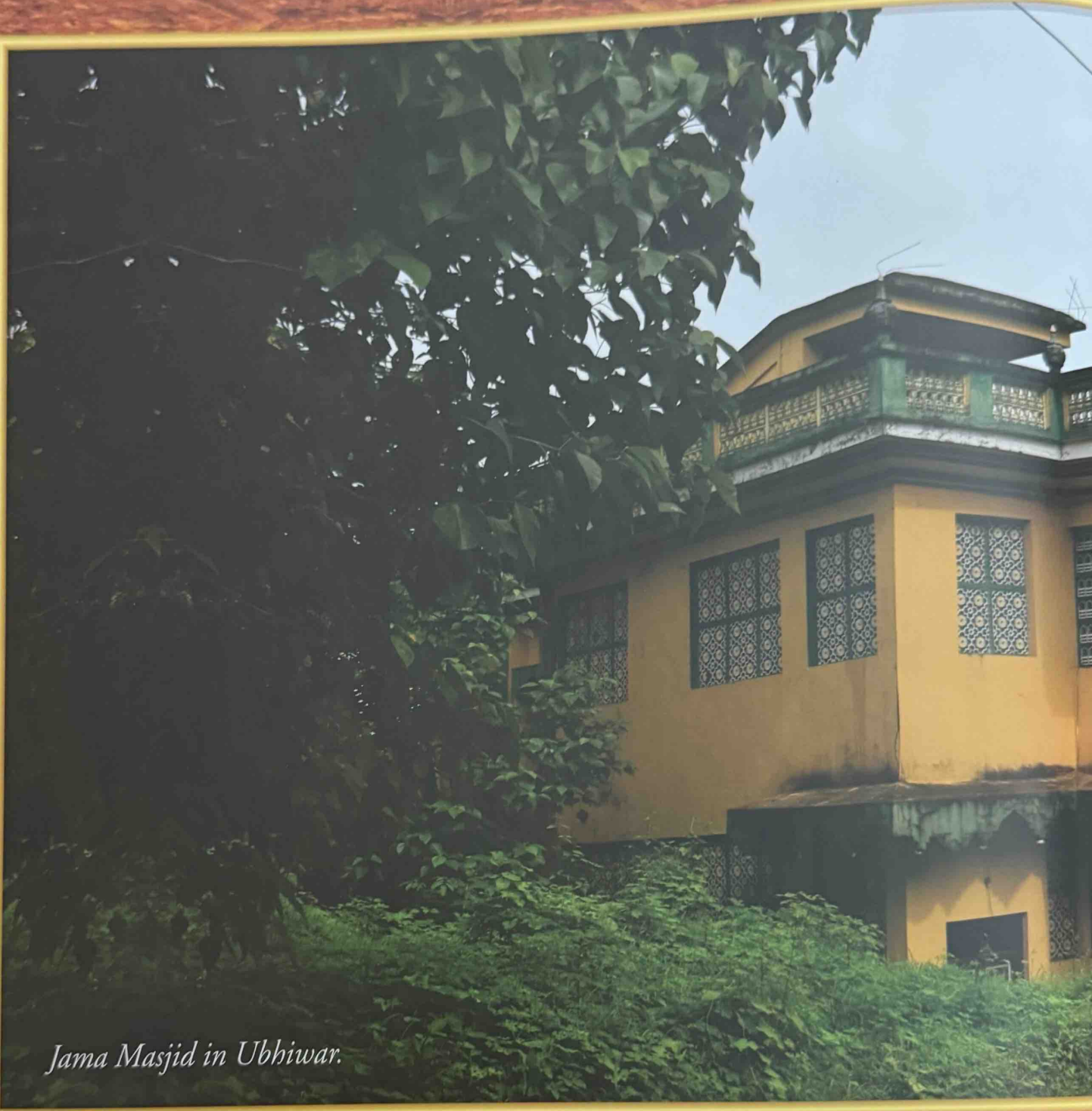
To Kadwai from Tural off the Mumbai-Goa road (Sonambi)

Bamanwar Bazar, the entry to village Kadwai.

मे. यशवंत ट्रेडीग कंपनी
हॉटे
चहा



The Kadwai English School in Ubhiwar (Bhootni).

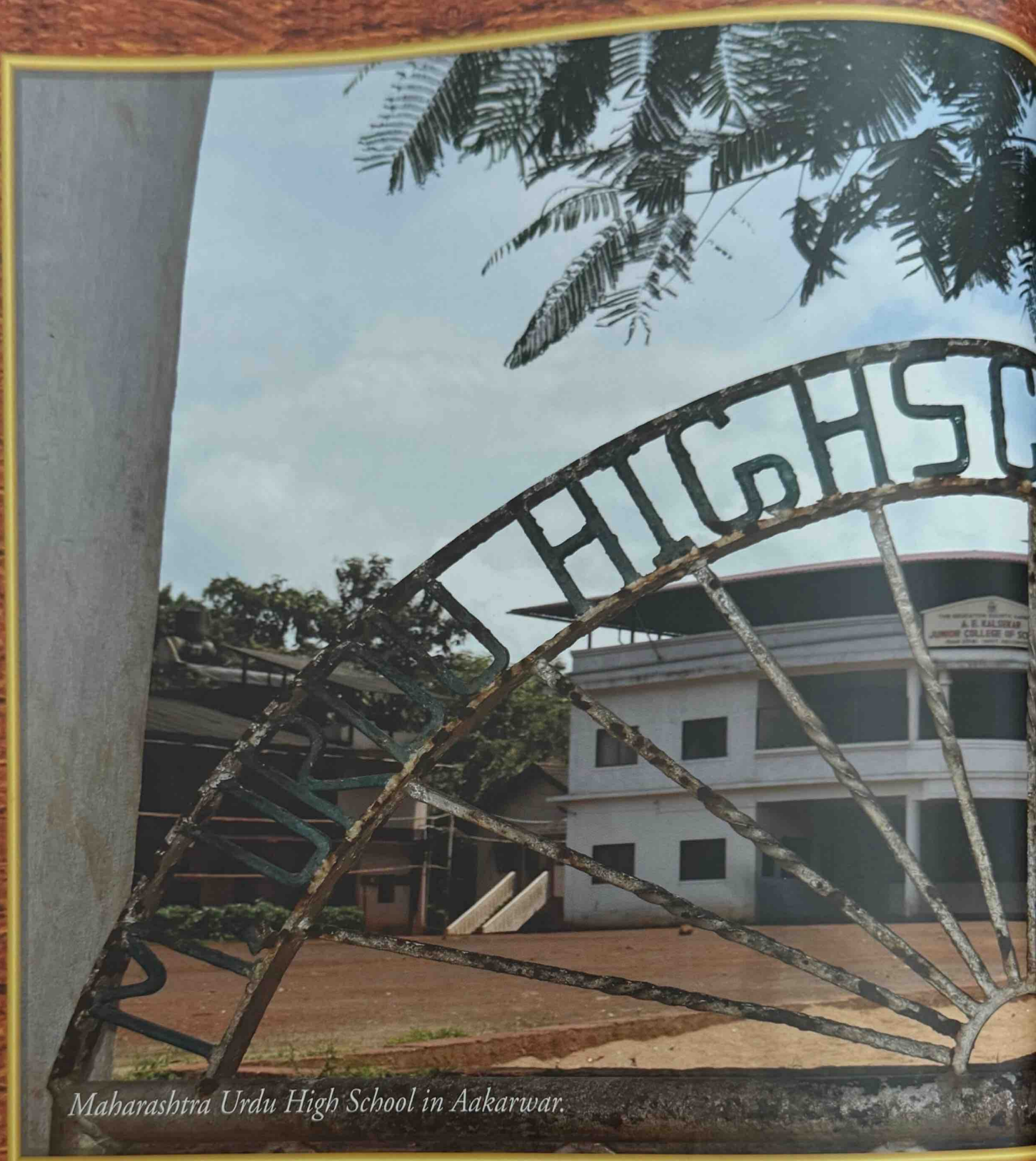


Jama Masjid in Ubhiwar.

Ganga-Jai

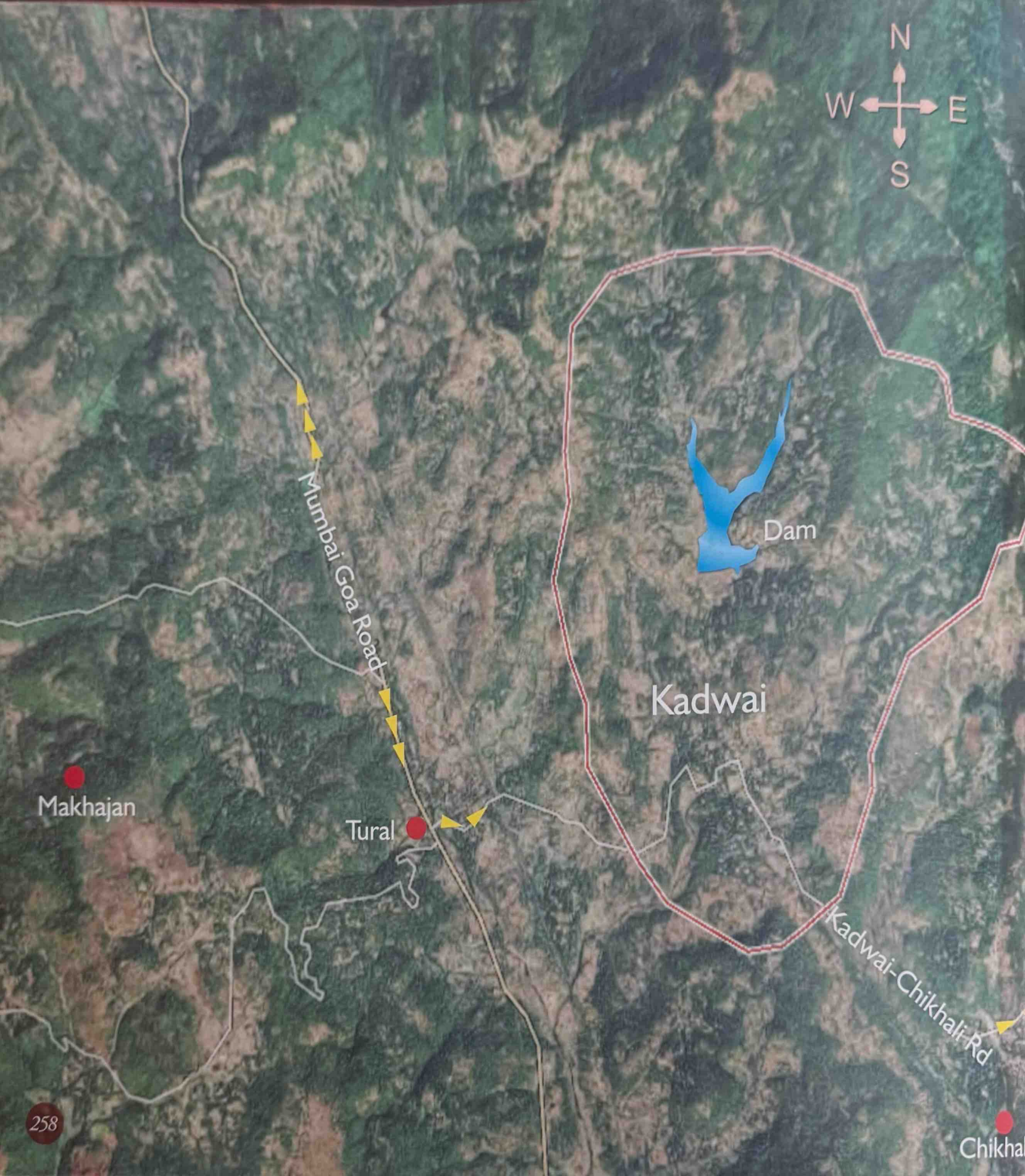
Masjid Al Fala in Katalwar.

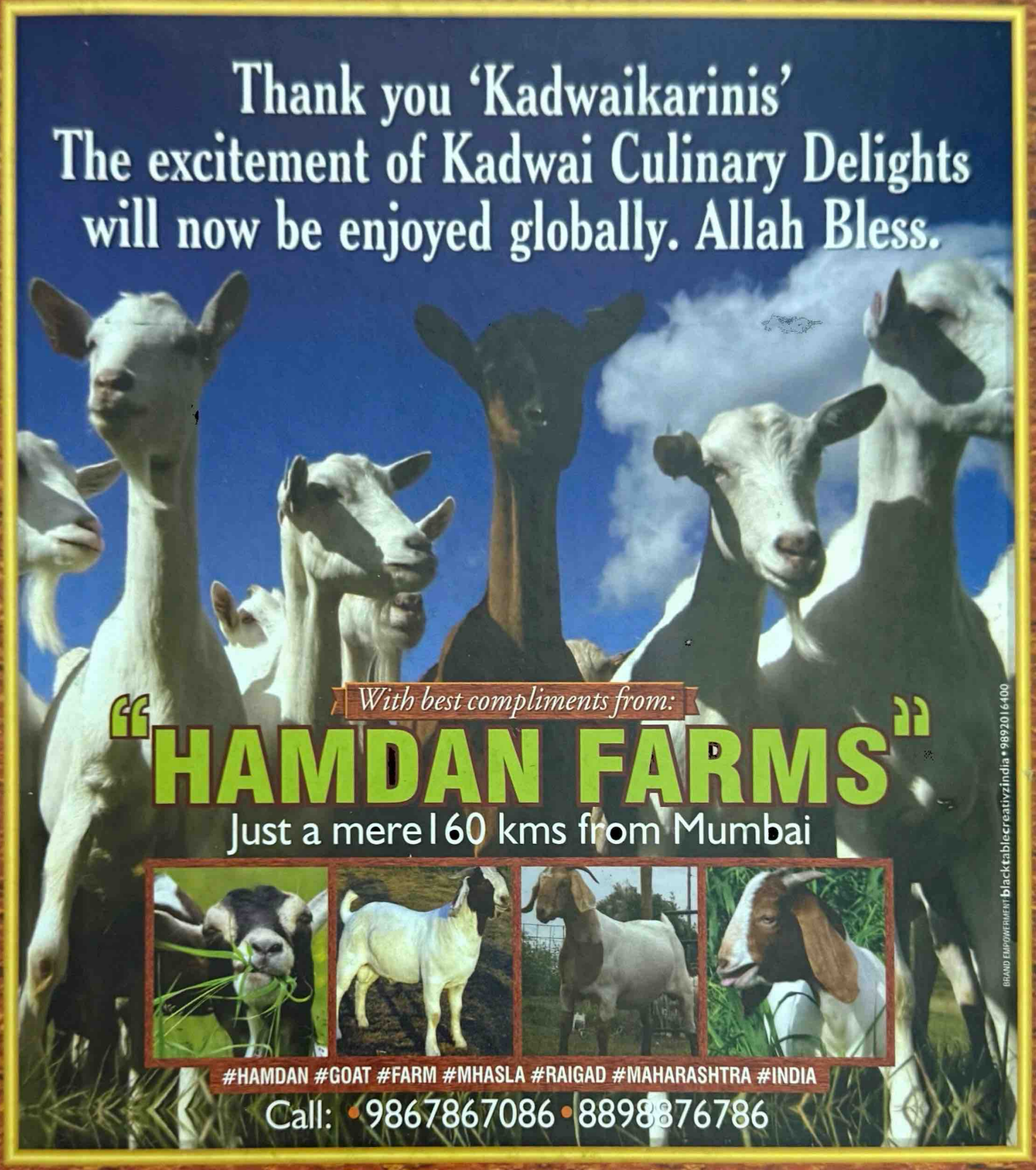
I ♥ KADWAI
Kadwai meri jaan



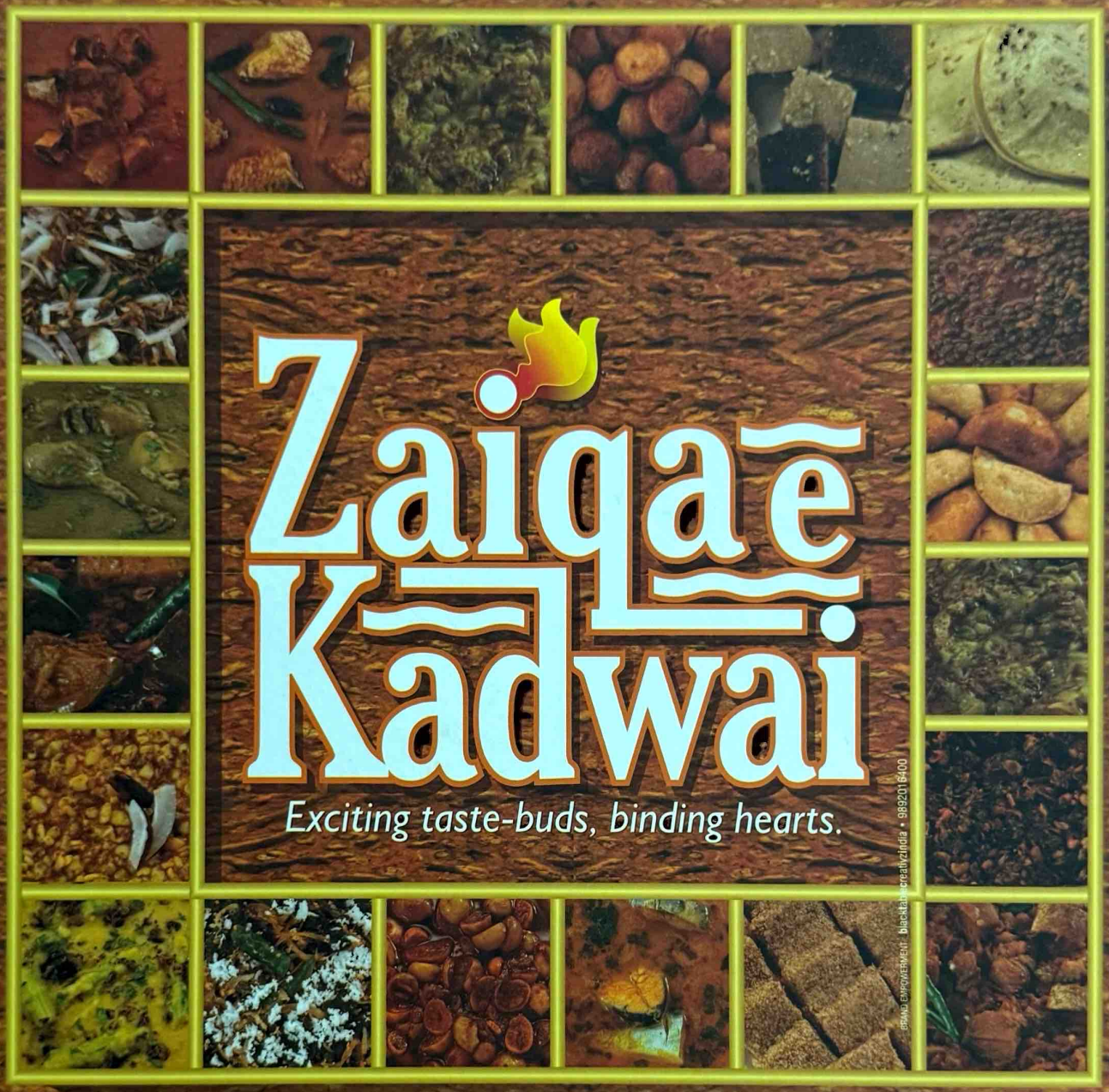
Maharashtra Urdu High School in Aakarwar.

I ♥ KADWAI
Kadwai meri jaan


N
W
E
S
Dam
Mumbai Goa Road
Kadwai
Makhajan
Tural
Kadwai-Chikhali-Rd
Chikhal



I ♥ KADWAI
Kadwai meri jaan



I ♥ KADWAI
Kadwai meri jaan